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Health Buzz

Staff News



Robyn joined our Nurses, Jacqui & Kim and is a welcome addition to assist with your health care needs.



Melissa (Mel) has joined the reception team and brings both her experience and smile to the front desk.



After 41 years with Reynella Medical Centre **Dr Liew announced his retirement on January 20th.**

We wish him well in his retirement with more time to spend with his family and beautiful grandchildren and also in the garden.

Dr Ven is excited to look after Dr Liew's patients in the future.

Nurse **Kim** has also just returned from four fabulous weeks in USA & UK visiting relatives.



Clinic News

Osteoporosis Clinic 2017

Osteoporosis affects over 1 million Australians every year!

At Reynella we are offering free scans to patients over 70 and those over 50 who qualify.

Don't forget to book in with your Doctor and get a Referral for the following clinic dates 27th February – 3rd March.

For more information visit the news section of our website.

Walking Group

Tuesdays @ 8:30am with Jacqui and now Thursdays @ 8:30am with Kim. Meet near the (carpark side) front door.

**Please note if the forecast temperature is 37*c or above - walking will be cancelled



Have you updated your details?

To help us in our effort to update and keep patient information details current could you please bring to your next appointment

- Medicare card
- Next of Kin name and mobile / telephone number
- Emergency contact name and mobile telephone number
- Email address

With correct contact details we are able to send SMS/ Email reminders of appointments, Care Plans, immunisations and invites to specific Health Initiatives taking place in 2017

Managers New Office

You may have noticed from the desk we are having some building renovations! Our Practice Manager Jo, is getting her own office space.

Health News

Asthma Action Plans & Immunisation

Have you got your child's Asthma Action Plan in place ready for the start of the new school year?

Make an appointment with your Doctor to have this completed

Are your school age children up to date with their immunisation schedules? Book to see Jacqui, Kim or Robyn if immunisations are required.

What Are You Made Of?

From 6th February we will have scales available to analyze body composition which can determine your fat, muscle, bone, mass and metabolic age. That will help us determine if you are maintaining a healthy lifestyle.

Why not start the New Year with a goal of being the healthiest we can be!

For those aged 45-49 there is a Health Assessment that can assist in

improving overall health and identify any areas that may impact on your health in the future.

Slip, Slop, Slap



- Slip on some sunscreen
- Slop on SPF 30+ sunscreen
- Slap on a hat
- Seek some shade
- Slide on some sunnies
- Drink plenty of water to be well hydrated!

New year's resolution success

Decided to kickstart 2017 with a new exercise regime??

Follow these tips to ensure success:

1. Find an activity you enjoy. Whether it's walking along the beach, dragonboat racing or playing a round of golf, choosing exercise which is fun will make sure you stick with it.
2. Make it social. Grab some friends, join an exercise group or round up your workmates and make it a weekly get-together too. This will keep your motivation levels up when the novelty starts to wear off.
3. Start slow. This is especially important if you are starting from a low initial activity level. Start with 1-2 times a week and then build up as your fitness improves.
4. Stretch! Getting into a regular stretching routine, especially after exercise will help to improve your flexibility and prevent injuries.
5. Seek treatment for injuries. It's normal that when you start a new activity you might feel some aches in muscles and

joints that haven't been used for a while. However, if this continues it's best to see a physio to ensure you're not doing more harm than good.

6. Consult your medical practitioner. If you have any pre-existing health conditions it's best to speak with your Doctor about what exercise you can safely engage in.
7. Set goals. Make sure you take the time to set some short and long term goals and reward yourself when you achieve them.

The Physiotherapists at Reynella Sports Injury Clinic have a wealth of experience in assessment of musculoskeletal injuries and designing individualised exercise programs. To book an appointment with them today call 8381 6111 to kickstart your new healthy lifestyle.



REYNELLA
MEDICAL CENTRE

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Opening Hours

Monday to Friday 8:30am - 6:30pm
Saturday 8:30am - 1:00pm

*This information is for general educational purposes only. Please make an appointment with one of our doctors to discuss issues specific to your health.