



Website: <https://reynellamedical.com.au/>

Newsletter

Autumn Days

As we welcome Autumn with the promise of some relief from the heat it is important to remember that although the risk of heat-related illness declines the change in weather can still have an impact on your health.

- * Less sun exposure can lead to low vitamin D.
- * Less time outdoors can lead to reduced physical activity.
- * Reduced exposure to the sun can lead to decreased serotonin levels, contributing to feelings of sadness or depression.

Top Ways to Stay Healthy Over the Autumn

- 01 Start Taking A Vitamin D Supplement
- 02 Take Some Time To Yourself
- 03 Get Your Yearly Check-Up
- 04 Support Your Immune System
- 05 Get Yourself Ready For Shorter Days
- 06 Make Some Plans For The Cold Months
- 07 Moisturise Your Skin
- 08 Buy In-Season Food
- 09 Do Some 'Spring Cleaning'
- 10 Stay Active!

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World Health Day April 7th

World Health Day is run by the World Health Organisation (WHO) who aim to bring attention to a different health topic each year. The theme for 2025 is:

“Global Action for Universal Health”

Calling for a global effort to bridge the gaps in health equity, access and quality.

You can get involved by starting a conversation in your local community and checking out WHO’s website for more information.

Australia’s Biggest Morning Tea May 25th



Ran by the cancer council, Australia’s Biggest Morning Tea is a community event that raises vital funds to make a difference for those impacted by cancer. Register via their website!

The Worlds Greatest Shave March 15th—19th



The Leukaemia Foundation invite everyone to take part in The World’s Greatest Shave and shave, cut or colour their hair in an effort to raise funds and awareness for blood cancer.

Every dollar raised will help to provide families with practical and emotional support to get them through the many challenges that blood cancer can bring.

With a goal set of zero lives lost by blood cancer by 2035 the money raised will also help to fund life saving research.

Sign up via their website!

Heart Week April 29th—May 5th

Heart Week is Australia’s national heart health awareness week with the aim of raising awareness around heart disease and helping everyone to take positive steps towards their heart health.

- *If you are over 45 book a healthy heart check with your GP
- *Get active!
- *Understand healthy eating for your heart
- *Learn more about high cholesterol and high blood pressure.
- *See the Heart Foundation’s website for more information



Why Regular Health Check-Ups?

Regular Health Check Ups are a proactive way to protect your wellbeing and catch potential health problems early, prevention is better than cure! A regular health check-up includes visiting your GP regularly to assess your overall health and monitor existing conditions. There are so many different kind of check ups available such as 45-49 Year Old Health Assessments, Chronic Disease Management Plans, 75 Years and Older Health Assessment and Healthy Heart Checks . These routine health assessments are also fully bulk billed so they are friendly on your wallet!



Regular Check Ups: A Smart Investment for your Health

- ◆ Early detection of health problems
- ◆ Reduce health care costs
- ◆ Improve your quality of life
- ◆ Preventative care is better than cure

Common myths about regular check ups:

"I feel fine so there is no need for a check-up". Many situations can occur in silence.

"Testing is expensive". We will bulk bill your health assessment.

Did You Know?

- * Humans may look different, but 99.9% of our DNA is the same.
- * 81 appointment's have been missed so far this year
- * Every individual has a unique tongue print just like a finger print!
- * Reynella Medical Centre has been open for approximately 457, 248 hours
- * Stress increases you risk of type 2 diabetes

35 Years of Jane!

Many of you know Jane, she has been a highly valued member of the Reynella Medical Centre team and a staple at the front desk for many years.

We would like to take this opportunity to thank Jane for her incredible milestone of 35 years of outstanding service to our practice and our community!


Thank you Jane! Your positive impact on staff and patient's over the years is immeasurable.



Onsite Hearing Checks

Reynella Medical Centre is excited to announce we will be hosting Tracey from Attune to conduct FREE hearing checks on Tuesday the 25th of March

Just in time for Hearing Awareness Month, book now with our friendly reception staff!




Turn Up the Volume On Life

Book a free hearing test this March for Hearing Awareness Month!

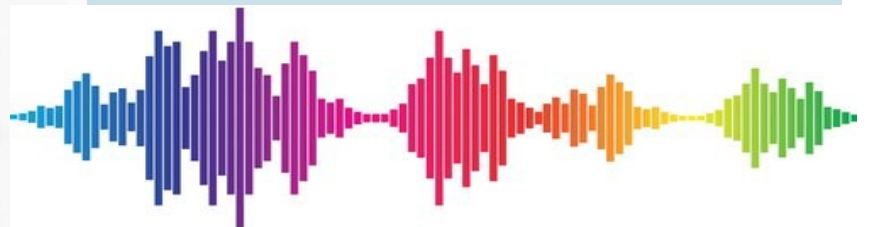
Date: 25th March

Time: 9:30am - 4pm

Limited spots available, please contact reception to book an appointment.



attune™
Australia's Medical Audiology Professionals



How good is your hearing?

Welcome To Our Medical Students Chengcheng and Alice!

We enjoy sharing our passion for general practice with students to support growing the general practice workforce . Medical students are our future doctors. We need the help of our patient's to train the next generation of doctors.

Doctor Pei Lin Wang and Reynella Medical Centre will be hosting medical students from Adelaide University every Wednesday. Doctor Wang will work with the students to develop knowledge and skills in community-based primary health care.

During their placement, students experience doctor-patient interactions, participate in the team care of patients and spend time with reception, nursing and other practice staff.

Allowing a medical student to take part in your consultation today will help us shape tomorrows health professionals.



Want To Make An Appointment?

- ◇ Book via the HotDoc app
- ◇ Book online via our website:
<https://reynellamedical.com.au>
- ◇ Call reception on
08 8382 3900

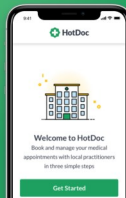
Information Help Lines and Useful Numbers

Health Direct: 1800 022 222
Medicare Urgent Care Clinic (Morphett Vale) : 08 8384 7977
Parent Helpline: 1300 364 100
Mental Health Emergency Triage Service: 13 14 65
Quit Smoking: 13 78 48
1800ELDERHelp: 1800 353 374
Translating and Interpreting Service: 13 14 50
Victim Support Services: 1800 842 846
Road Trauma and Support Team SA: 0400 705 066
National Disability Abuse and Neglect Line: 1800 880 052
Veterans and Families Counselling: 1800 011 046
Carers Gateway and Carers SA: 1800 422 737
1800RESPECT: 1800 737 732
Kids Helpline: 1300 364 100

We're now using



- + Book appointments after hours
- + Manage your health in one place
- + See your doctor's availability



Reynella Medical Centre

44 Hillier Road
Morphett Vale, SA
5162

Phone: (08) 8382 3900

Fax: (08) 8326 3058

E-mail:
contact@reynellamedical.com.au

Website:
<http://reynellamedical.com.au>



REYNELLA
MEDICAL CENTRE