



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

Newsletter

Winter Is Here!

In the blink of an eye winter is officially here, offering relief from one of the hottest years on record and promising the comfort of hot beverages and cosy blankets. It is also important to keep in mind the impacts winter can have on your health as flu season sets in.

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Common Health Issues in Winter

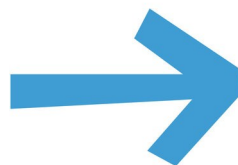
- The Common Cold & Flu**
As we stay inside to escape the cold, this allows flu viruses to circulate easily.
- Asthma Attacks**
Cold, dry winter air can irritate the lungs and trigger an asthma attack.
- Heart Attacks**
In winter, the low humidity and harsh winds can narrow the blood vessels.
- Seasonal Affective Disorder**
People can become depressed due to the lack of sunlight and vitamin D.

AUSTRALIAWIDE FIRST AID

7 Tips to Stay Healthy During the Winter Season

- 1 Get vaccinated for the flu and COVID-19
- 2 Wash hands frequently with soap and water.
- 3 Stay physically active indoors.
- 4 Eat a balanced diet with fruits and vegetables.
- 5 Stay hydrated despite lower temperatures.
- 6 Dress in layers and keep warm.
- 7 Use a humidifier to prevent dry air indoors.

So what can we do?



National Stroke Week

National Stroke Week encourages the community to know the F.A.S.T. (Face, Arms, Speech and Time) signs of stroke so that they can save a life in the event of a loved one experiencing a stroke.



F.A.S.T.

Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke. Using the F.A.S.T. test involves asking these simple questions:

- **Face**—Check their face. Has their mouth drooped?
- **Arms**—Can they lift both arms?
- **Speech**—Is their speech slurred? Do they understand you?
- **Time**— Is critical. If you see any of these signs call 000 straight away.

A stroke is always a medical emergency, keep looking at your loved ones and mates, it could save their life.

National Diabetes Week

National Diabetes Week highlights the urgent need for fair access to life-saving diabetes technology. Many Australians can't afford the tech they need to manage their diabetes effectively, which impacts their health and puts a significant burden on our healthcare system.

Diabetes Awareness Week serves as a reminder of the importance of understanding and addressing this widespread health issue. By raising awareness, supporting people living with or at risk of diabetes, and advocating for better standards of care, we can work towards reducing the impact of diabetes on individuals and the whole community. Together, through education, support, and research, we can work towards a future where diabetes is better understood, better managed, and, ultimately, cured.

Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



“Recognising and preventing men’s health is not just a man’s issue because of its impact on wives, mothers, daughters and sisters, men’s health is a family issue”

Research shows that the best way to improve men’s health is to tackle the underlying social factors that shape our health like boys’ education, our experiences of fatherhood, our working lives, our social connections and our access to male-friendly services.

Visit <https://menshealthmonth.org/week> for more information.

Doctor Patrick Wang



Now Taking New Patients

Dr Pei Lin (Patrick) Wang is an Australian trained GP specialist, a Fellow of Royal Australian College of General Practice and is skilled at breaking down complex information into easy-to-understand language, ensuring his patients are well-informed of their conditions and management.

Consistently praised for his bedside manner and rapport with patients Dr Wang can diagnose, treat, and manage a wide range of health conditions, as well as provide preventative care like check-ups and health screenings.

Areas of interest include but are not limited to:

- Men's health
- Geriatrics
- Implanon insertion & removal
- Paediatrics
- Chronic disease management
- Iron infusions
- Women's health
- Mental health

Bookings are available through the HotDoc app or by calling the clinic.

Check out our website for more on Doctor Wang!

Bowel Cancer Awareness Month

Bowel cancer claims the lives of 101 Australians every week – but it's one of the most treatable types of cancer when detected early.

While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting people of all ages.

Screening Saves Lives

Bowel cancer is treatable if detected early. Unfortunately, less than 50% of bowel cancers are detected early. Bowel cancer screening can detect early signs of the disease and save lives.

There are two ways to screen for bowel cancer -

1. The Poo Test

The Australian Government's National Bowel Cancer Screening Program (NBCSP) sends eligible Australians, aged 50 -74 years, a free bowel cancer screening test kit. It is sent to your home address via mail every 2 years.

If you are aged 45—49 years old you can now request a test online via the NCSR website or by visiting your GP

2. Colonoscopy

A colonoscopy is a well-tolerated and safe procedure. It allows the doctor to carefully examine your bowel lining. Bowel cancer or pre-cancerous polyps can be detected, and polyps can be removed to reduce the risk of future bowel cancer.

Did You Know?

- * 99% of bowel cancer cases can be treated if caught in the early stages.
- * 14,534 Australians are told they have bowel cancer each year.
- * Bowel cancer is the 4th most common type of newly diagnosed cancer.

How To Be Proactive About Your Bowel Health

- ◆ **Talk to your GP**
- ◆ **Participate in the National Bowel Cancer Screening Program if eligible**
- ◆ **Spread the word! Let your family, friends and neighbours know, the more we talk about this and raise awareness, the better.**
- ◆ **Take steps to reduce your bowel cancer risk:**
 - Eat foods high in vitamin D like salmon and eggs
 - Limit intake of red meat, processed meats and alcohol
 - Maintain a healthy weight
 - Keep active
 - Quit smoking



Red Nose Day



Red Nose Day is a major fundraising and awareness campaign for Red Nose. The First Red Nose Day was held in 1988 in Australia and since then it has become a beloved day for Australians to get silly and fundraise to help save little lives and support families.

There are lots of ways you can get involved and participate in Red Nose Day including hosting an event or fundraiser, creating a fundraising page, volunteering, sharing the campaign on social media, or making a donation in loving memory.

How you get involved is up to you – no matter how you choose to get involved your support will help provide assistance for bereaved families, fund vital research and save little lives.



Daffodil Day

On this day, Australians all over the country come together and, for all that cancer takes, we give hope. The Cancer Council give to support people impacted by cancer and to support cancer research that will save lives.

We know that almost 1 in 2 people will be diagnosed with cancer by the age of 85, so it takes all of us to give hope for better treatments and better outcomes. The more hope we give, the more lives we can save. Daffodil Day 2025 is Thursday, 21 August but you can get involved and help support this special day

How to support Daffodil Day



Donate to cancer research >

Every dollar raised helps fund lifesaving cancer research, cancer prevention, and supports people affected by cancer.



Fundraise and help save lives >

Become a fundraiser and raise money in your community to help Australians affected by cancer.



Get involved in your area >

For all that cancer takes, give hope. Keep an eye out for how you can get involved in your area.

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

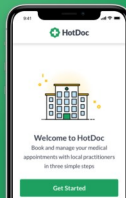
Information Help Lines and Useful Numbers

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



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