



Spring Newsletter 2024

Welcome to our Spring Newsletter. We're excited to share our latest newsletter filled with fresh insights, tips for your health, and updates from our practice.

Registrar Update

We wish Dr Tom Kural all the best moving forward in his medical journey and thank him for his hard work as a GP Registrar at the practice.

We have no doubt that Dr Kural will continue to excel and make meaningful contributions to the field of medicine. We wish him every success with his future endeavours.

A Heartfelt Thank You

We want to take a moment to express our deepest gratitude to Yvonne. For quite some time now, Yvonne has been brightening the practice with beautiful flowers from her garden. Each bouquet is not only a lovely addition to our space but also a reminder of the kindness and generosity that can make a significant difference in our days.

Your thoughtful gesture brings warmth and joy to the team, and we are genuinely touched by your continuous kindness. Your generosity does not go unnoticed, and we are incredibly grateful.





October is Breast Cancer Awareness Month

Breast Cancer Awareness Month is an opportunity to highlight the importance of early detection, research, and support for those affected by this disease.

Why Awareness Matters

Breast cancer remains one of the most common cancers among women, though men can also be affected. Early detection through regular screenings, such as mammograms, and self-exams can significantly improve outcomes. This month, we encourage everyone to:

- **Get Screened:** If you're due for a mammogram or other screening, schedule an appointment. Early detection is key to successful treatment.
- **Perform Self-Exams:** Regular self-exams can help you become familiar with your body and notice any changes. If you find anything unusual, consult your healthcare provider.
- **Support Research:** Consider contributing to or supporting breast cancer research and organizations dedicated to finding a cure.
- **Educate Yourself:** Learn more about breast cancer, its risk factors, and preventative measures. Knowledge is a powerful tool in the fight against cancer.

Links:

- Breast Cancer Awareness: <https://nbcf.org.au/fundraise/breast-cancer-awareness-month/>

- Be Breast aware: How should I check my breasts? <https://nbcf.org.au/about-breast-cancer/detection-and-awareness/how-to-check-for-breast-cancer-symptoms/>



Skin Checks



As summer approaches and the days get longer, it's the perfect time to think about the health of your skin. With more sunshine and outdoor activities on the horizon, ensuring your skin is in top shape is more important than ever.

Regular skin checks are crucial for catching any potential issues early. Spotting changes or irregularities in your skin early can make all the difference in treatment and outcomes.

A comprehensive skin check can give you peace of mind, knowing that your skin health is in good hands and that you're taking proactive steps to protect yourself.

Remember, while we encourage you to enjoy the beautiful summer days, it's essential to protect your skin. Apply sunscreen, wear protective clothing, and avoid peak sun hours whenever possible.

Booking a skin check is simple. Just give the practice a call on 43853150 to schedule an appointment with your Doctor.

We recommend scheduling your check-up as soon as possible to secure a convenient time before the summer rush.



What is RU OK? Day?

RU OK? Day is an annual event that encourages people to reach out and check in on their friends, family, and colleagues to see how they're really doing. It's about creating a culture of care and ensuring that no one feels alone in their struggles.

To show our commitment to mental health and well-being, the reception team dressed in yellow – the official colour of RU OK? Day.

This simple act was more than just a colour choice; it symbolised our dedication to fostering open conversations and providing support to those in need.

Planning a Trip? Don't Forget Your Travel Vaccines!

It's essential to ensure you're prepared and protected. Whether you're heading abroad for business, adventure, or relaxation, getting the right travel vaccines is crucial for a safe and healthy trip.

Different destinations come with different health risks. Vaccines help protect you from diseases that are more common in certain regions.

Common Travel Vaccines

- Hepatitis A: Recommended for many destinations to protect against liver infections.
- Typhoid: Important for travel to areas where food and water sanitation may be compromised.
- Tetanus-Diphtheria-Pertussis (Tdap): Ensure you're up-to-date, especially if you're traveling to areas with higher risks of these diseases or an inability to get vaccinated whilst there.
- Yellow Fever: Required for travel to certain countries in Africa, Sub-Saharan Africa and South America.
- Influenza: Protects you against the flu, which can be easily spread during travel.
- Covid 19: commonly spread on transport



Ready to get started? Contact us at 43853150 or book online <https://www.terriganmedicalcentre.com.au/online-appointments> to schedule a travel vaccine consultation.

Mobile Booking App

We're thrilled to share some exciting news with you! The Terrigan Medical Centre Mobile App has undergone a makeover and is now better than ever.

Enjoy a more modern and intuitive interface that makes navigating our services easier.

Simply go to your app store, search for **AMS Connect**, and download the latest version. If you have auto-updates enabled, you should receive the update automatically.

We believe these enhancements will make managing your appointments and accessing your health information even more convenient. As always, your feedback is invaluable to us.

If you have any questions or need assistance, don't hesitate to reach out.

Thank you for being a valued patient, and we hope you enjoy the new look and features of the app!

