



Our Services

Little Gem Medical	(02) 4742 2011	Weekdays 8am-5pm
Medihealth Pathology Silverdale	(02) 4742 2011	Weekdays 8am-4pm No Booking Required
Paragon Physio	(02) 4706 5085	MON/THU Also available at Mulgoa
OnePoint Health Podiatry	(02) 4774 0078	THU/FRI

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Local Services

Silverdale Pharmacy	(02) 4774 0019	Weekdays 9am-5pm Saturday Morning
Supercare Dental Silverdale	(02) 4711 2000	MON/THU/FRI 9am-5pm WED 9am-3pm

Our After Hours Partners

Our Medical Home	(02) 8311 3888	Weekdays 7am - 10pm Weekends & PH 8am - 10pm
Sydney Medical Service	1300 HOME GP 1300 466 347	Weeknights 6pm - 8am Saturday from 12pm Sunday & Public Holidays 24 hours
Health Direct	1800 022 222	Weekdays 6pm - 7:30am Saturday from 12pm Sunday & Public Holidays 24 hours

Local Chemists

Silverdale	(02) 4774 0019
Warragamba	(02) 4774 1013
Luddenham	(02) 4773 3188
Mulgoa	(02) 4773 8685

After Hours Support

Other After Hours GP Clinics

Penrith After Hours Doctors <i>Centro Nepean Station St Penrith</i>	(02) 4789 0229	Weekdays 6pm - 12am Weekends & PH 3pm - 12am
Penrith Medical + Fitness Centre <i>142 Bringelly Rd Kingswood</i>	(02) 4736 6567	Weekdays 7am - 7pm Saturday 7am - 4pm Sunday 8am - 4pm

After Hours Pharmacy Options

Penrith 24-hour Pharmacy <i>438 High St Penrith</i>	(02) 4721 5527	24 hours a day 7 days a week
David Wilson Chemist <i>241 Queen St Campbelltown</i>	(02) 4640 8000	Everyday 8am-9pm
Blooms Camden <i>148 Argyle St Camden</i>	(02) 4655 9370	Weekdays 8.30am- 8pm Weekends 9am-7pm

Local Hospitals

Nepean Hospital	(02) 4734 2000
Camden (Low Intensity Issues) Campbelltown	(02) 4634 3000
Liverpool Hospital	(02) 8738 3000
Westmead Hospital	(02) 8890 5555
Westmead Children's Hospital	(02) 8890 5555

Other Emergency Support

NSW Rural Fire Service	1800 679 737
NSW State Emergency Service	132 500
Police Assistance Line	131 444
Penrith Police Station	(02) 47219444
Warragamba Police Station	(02) 4774 1105
Warragamba Fire Station	(02) 4774 1222

Helpful Hotlines

Lifeline	131 114
Beyond Blue	1300 224 636
MensLine Australia	1300 789 978
Kids Helpline	1800 551 800
NSW Mental Health Line	1800 011 511
Suicide Call Back Service	1300 659 467
Drug and Alcohol Advisory Service	1800 422 599
Child Protection Helpline	132 111
National Sexual Assault, Domestic Family Violence Counselling Service	(1800 RESPECT) 1800 737 732
NSW Rape Crisis Centre 24/7 Counselling	(02) 9819 7357 1800 424 017
Poisons Information Centre	131 126
Mother safe	(02) 93826539
National Dementia Helpline	1800 699 799
National Coronavirus Hotline	1800 020 080

3A/2320 Silverdale Road
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Phone: (02) 4742 2011 Fax: (02) 47422 0010
service@littlegenmedical.com.au
www.littlegenmedical.com.au

LITTLE *gem* MEDICAL

General Services

We provide health care through normal face to face consultations and telehealth. To qualify for telehealth, a patient must regularly attend the practice, and must have physically attended in the past 12 months. This is a Medicare requirement.

Baby Checks and Children's Immunisations

LGM provide comprehensive baby checks, children's checks and immunisations. Bookings are preferred between 8am and 1pm when doctors and nurses and both provide clinical review and immunisations. Please book routine immunisations in advance. If you are concerned about your baby - We can help.

Routine Health Checks

The staff at LGM can provide a range of routine health checks including diabetes checks, blood tests and men's and women's health checks.

Mental Health

Our specialist doctors are able to provide assistance with mental health issues, including providing urgent care and care plans for psychology and counselling.

Chronic Health Management Plans & Health Assessments

LGM can provide care plans and health assessment, where are patient qualifies:

- Chronic Disease Management Plans
 - GP Management Plan
 - Team Care Arrangement
 - EPC (for 5 subsidised visits for Allied Health)
- Health Assessments
 - Over 75year old
 - Aboriginal/Torres Strait Islander
 - Risk of Chronic Disease
 - Refugee
 - Armed Forces

If you are unsure if you qualify, please book an appointment to check your eligibility.

Skin Checks and Procedures

Our doctors are able to perform a full skin check. If any concerning lesions are found, we can arrange onsite biopsy and book you in. If you have a skin lesion you are concerned about, please make a skin check appointment. We are able to perform:

- Skin checks
- Shave, Punch and excision biopsies
- Cryotherapy
- Field therapy
- Excisions

Women's Health and Procedures

LGM encouraged regular women's health checks. We perform the following:

- Cervical screening
- Breast checks
- Postnatal checks
- Implanon insertion, removal or replacement
- Mirena removal

Walk-Ins

Patient are required to make an appointment. Each day there are some urgent appointments available for urgent matters. Please call as soon as possible in the morning to book these appointments. No walk-in's are accepted, unless it is a current emergency.

Workcover

We do manage Workcover conditions. If you have an accident, we can help. We don't routinely take over historical Workcover cases.

Clinical Support

Our nurses and clinical staff provide expert level support to our team and patients. This includes providing wound care, support and advice for patients. Please call to book an appointment.

OUR Doctors

Both Our doctors are specialist trained general practitioners, Followed by the Royal Australian College of General Practitioners.

- Dr Renee Mitchell
- Dr Kate Watson

COVID-19 Testing

Conventional and RAPID Testing is available at LGM on Weekdays 8am to 4pm. Both tests require nose and oral swabs. Referral is not required. Please bring your Medicare Card and Proof of ID. RAPID tests take 15min and cost \$35. Conventional tests and processed through Medihealth and take 24-48 hours for a text message result.



Medihealth provides integrated pathology services at the practice. They provide the following services -

- Blood Collection
- Oral Glucose Tolerance Testing
- Urea Breath Test
- ECG
- COVID-19 walk in testing

Referral Required for Blood Tests and ECG
NO Referral Required for COVID-19 Testing.
Bring Medicare Card and Proof of ID

No appointments Required
Phone: (02) 4742 2011
Weekdays - 8am to 4pm



Sam from **Paragon Physio** provides general physiotherapy care. His team at Mulgoa have great extended services. Paragon Physio accept EPC (Care Plan). Check out Paragon's Website for more information: <https://www.paragon-physio.com.au/>

Appointments Required
Phone: (02) 4706 5085
Monday and Thursday - 8am to 1pm
Other Days - Available at Mulgoa



Amy and Lauren provide expert podiatry care. **OnePoint Health** accept EPC (Care Plans) to help with the cost of services.

Appointments Required
Phone: (02) 4774 0078
Thursday and Friday - 8am to 4pm



Alice and her team provide caring counselling services, both face to face and via telehealth. A mental health care plan and referral is required to access these services. LGM's Doctors can refer you.

Appointments Required
Book with our GP's to arrange
Tuesday - 8am to 4pm