



# SPRING NEWSLETTER

The last 3 months have seen some exciting changes at O'Halloran Medical Centre.

Our team has grown with the commencement of:

- ❖ Dr Yassir Hag Musa – Consulting Tuesday evenings
- ❖ Dr Helen Bryden – Consulting Tuesday & Wednesdays
- ❖ Linda our Registered Nurse – Monday, Tuesday & Thursdays
- ❖ Courtney on Reception - working each Saturday

I wish I could say that we have successfully cloned Dr Adam Kowalczyk but unfortunately there is still only one of him and he remains as busy as ever.

## BREAKING NEWS !!!

**DR AYE AUNG WILL BE CONSULTING  
MONDAY TO FRIDAY STARTING  
FROM  
TUESDAY 2<sup>ND</sup> OCTOBER**

**PH: 7127 1566**

**ONLINE BOOKINGS AT**

**[www.ohalloranmedical.com.au](http://www.ohalloranmedical.com.au)**

**Opening Hours**  
**Monday to Friday**  
**8.00am – 5.30pm**  
**Tuesday**  
**8am – 9pm**  
**Saturday**  
**10.00am – 4.00pm**

**Don't have time to  
call us?**

**You can book your  
appointment online**

**Visit our website at  
[www.ohalloranmedical.com.au](http://www.ohalloranmedical.com.au) and  
click on the red  
book online box**

**or**



# MEET THE team



Dr Helen Bryden joined our clinic in May. UK born, Dr Bryden's special interest is in aged care..... and FOOD....

Dr Bryden and her family also are keen members of their local surf lifesaving club



Courtney is our newest team member on reception and comes to us with a wealth of experience. When not helping us on weekends, you may see her at Urological Solutions at the Tennyson Centre. When she's not working in medical she is looking after people's pets as a professional pet sitter



Dr Yassir Hag Musa is a highly experienced GP and compliments our team with his knowledge in Family Medicine. Dr Musa offers after hours consults each Tuesday to 9pm

Linda has an absolute love for nursing – when she's not bragging about her puppies. She loves nothing more than to make sure her patients are given a full check up at the clinic. If you haven't met Linda yet, pop your head into her room on Monday, Tuesday and Thursday and say Hi !!





## Stroke Week

High Blood Pressure is the leading risk factor for stroke – and many people don't even know they have it. It is often called the "Silent Killer"

The only way to know you have high blood pressure is go get checked. The good news is you can find out in just five minutes.

Our Surgery is happy to offer a health check which includes a blood pressure check, diabetes risk assessment, and an AUSDRISK questionnaire.

### DID YOU KNOW?

Stroke is one of Australia's biggest killers and a leading cause of disability. One stroke occurs every nine minutes in Australia.

Stroke kills more women than breast cancer, more men than prostate cancers and leaves thousands of Australians with an ongoing disability.

1 in 6 people will have a stroke in their lifetime. More than 4.1 million Australians are living with high blood pressure and many don't know it – High blood pressure has no symptoms. The higher your blood pressure, the greater the stroke risk

## Children's Meningococcal Vaccines Now in stock

From 1 October 2018 children aged 6 weeks of age up to four years of age are able to access free meningococcal B vaccine.

The meningococcal B vaccine will be offered as part of an ongoing program for babies up to 12 months of age with a catch-up program for children aged over 12 months to less than four years from 1 October 2018 up until December 2019

Please discuss with your regular GP or Linda (nurse) if your child has not been vaccinated or you wish to discuss further

Linda, our new RN, joined our team in July and has come to us with a wealth of clinical knowledge.

She tries to connect with as many patients as she can while waiting for their doctor, however if you haven't met her yet then feel free to introduce yourself. She'd love to get to know you all.

Linda has worked in General Practice for approximately 10 years and is highly experienced in children's immunisations, wound care and chronic disease.

She has some exciting health prevention topics coming up soon so keep an eye out on our Facebook page and within the clinic.

As Dr Kowalczyk becomes increasingly more popular, we ask for your assistance by cancelling any unwanted appointments a minimum of 2 hours prior to your booked appointment time. We often have long waiting lists for patients wanting to see him and cancelled appointments will give us the opportunity to offer this time to another patient in need. Patients who repeatedly do not cancel their appointment ahead of time may receive an account.

We always try to encourage our patients to see the same doctor however sometimes this may not be possible. Our doctors use the same set of clinical notes for you and will be more than happy to carry on with your existing medical regime.

Dr Kowalczyk is happy to liaise with our other GPs in our clinic about your ongoing care should you not be able to see him on the day.

PLEASE NOTE DUE TO THE HIGH DEMAND OF DR KOWALCZYK, HIS PATIENTS ARE ADVISED THAT HE IS UNABLE TO SEE WALK IN PATIENTS. BOOKINGS ARE ESSENTIAL.



The Nation



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Our Practice Manager  
Carolyn is and authorized  
JP

Providing services such as statutory  
declarations and document  
certification

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**Need a doctor afterhours when we  
are closed:**

**13 SICK**  
**7425**  
WEEK NIGHTS • WEEKENDS  
• PUBLIC HOLIDAYS •

• PUBLIC HOLIDAYS •  
WEEK NIGHTS • WEEKENDS