

saundersstreetclinic

37 Jackson Street, Wynyard, TASMANIA.

Phone 6442 1700

Newsletter Nov-Dec 2023

Opening hours

Monday - Thursday	9am-1230 pm, 2pm-5 pm
Friday	9am-1230 pm, 2.30pm-5 pm
Saturday, Sunday, Public Holidays	closed

Doctors:

Jim Berryman	MBChB, FRACGP, FARGP	Bradley Williams	MBBS, FRACGP
Allison Johnson	MBBS, FRACGP	Michaele Rawson	MBBS,
Sarvin Randhawa	BPharm, MBBS, FRACGP	Stephanie Hey	MBBS, FRACGP, CertAviationMed
Jess Andrewartha	MBBS, FRACGP, DCH	Heung Soo Kim	MBBS ,FRACGP
Tim Andrewartha	MBBS, FRACGP-RG, Dip Palmed	Noora Albakkaa	MBChB

Nurses:

Fiona Munday RN	Belinda Townsend BNurs, RN.
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After hours arrangements

Please phone the surgery number, you will be given the number for Health Direct which is a phone triage service providing advice by the Federal Government. This service will contact the doctor on call at Saunders Street if necessary, following assessment by a registered nurse and in some cases by a doctor. If your concern is about **a medical emergency** call the ambulance service on **000**-there is no charge for ambulance callouts in Tasmania.

If the matter is urgent but not an emergency call **Health Direct 1800 022 222**. A registered nurse using triage protocols will take your call. If necessary, the call will be transferred to a GP at GP Assist in Hobart and if that GP thinks a call out or house call is warranted a GP from this clinic will be contacted.

Heart attacks and strokes over the Christmas holiday period

On a gloomy note at the holiday time; heart attacks and strokes increase over the holidays. We don't know why but stress, heat, over-eating and drinking (things other than water!) and delaying seeking treatment all play a part. So advice easily given but not so easily followed is to avoid too much stress, avoid excesses of over-eating and drinking and if you get symptoms of heart attack or stroke CALL AN AMBULANCE on 000 and do not wait for a doctor's appointment!

Sunburn and being sun-smart

Australia has one of the highest rates of [skin cancer](#) in the world. In 2013, more than 2,200 Australians died from this almost entirely preventable disease. Fortunately, being Sun Smart is a simple and effective way to reduce your risk of developing skin cancer.

Cancer Council provides guidance on how much sun you need and how to protect yourself from getting too much sun exposure. We also offer a range of high quality, affordable [sun protection products](#) to help keep you safe from the sun's damaging UV rays.

Australia is the [skin cancer](#) capital of the world. More than 11,500 Australian men and women are diagnosed with a [melanoma](#) each year, and an estimated 434,000 people are treated for one or more [non-melanoma](#)¹ skin cancers. Skin cancer accounts for over 80% of all new cases of cancer diagnosed in Australia each year.

Luckily, skin cancer is almost entirely preventable and high profile awareness and information campaigns telling Australians how to save their skin have been in place for several decades. But there are still a lot of misconceptions about skin cancer and sun protection.

Cancer Council Australia's Skin Cancer Committee has developed a number of position statements and fact sheets addressing common myths and misunderstandings and providing clear information and advice aimed at helping Australians reduce their skin cancer risk. Many of the statements have been developed with input from other expert health organisations, particularly the Australasian College of Dermatologists.

These include the following:

- [Eye protection](#)
- [Fake tans](#)
- [Risks and benefits of sun exposure](#)
- [Screening and early detection of skin cancer](#)
- [Private Solariums](#)
- [Sunscreen](#)
- [Sun protection and infants \(0-12 months\)](#)
- [Sun protection in the workplace](#)
- [Tinted windows](#)

<https://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-position-statements.html>

Water safety

- Always **swim** between the red and yellow flags. Always **swim** or surf at places patrolled by lifesavers. ...
- Read **safety** signs. ...
- **Swim** with a friend. ...
- Blue bottle jellyfish stings. ...
- Rock Fishing. ...
- Rip currents. ...
- Sunburn. ...
- Heat exhaustion