

saundersstreetclinic

37 Jackson Street, Wynyard, TASMANIA 7325

Phone 6442-1700 P.O.Box 780 Wynyard

Hours 9am-12.30 pm, 2 pm -5 pm Mon-Thurs and 9 am -12.30 pm,

2.30 pm – 5 pm Friday. Closed weekends and public holidays.



HEALTH ADVICE

After hours arrangements

If the matter is urgent but not an emergency call [Health Direct 1800 022 222](https://www.healthdirect.gov.au/). If your concern is about a medical emergency call the ambulance service on 000

Covid-19 news

There is a new outbreak of Covid in Australia. It is recommended to self isolate for 5 days.
<https://www.coronavirus.tas.gov.au/>

Why bulk-billing will cease!

<https://www.9news.com.au/national/australia-health-bulk-billing-system-risk-collapse-general-practitioners/ad8d0d46-507d-49f1-89da-3f6421d6e668>

Australian General Practitioners are calling for action as the nation's bulk-billing system nears collapse amid rising costs and stagnant wages.

GPs are choosing to phase out bulk-billing payment methods and are concerned vulnerable Australians will be left without access to affordable basic health care.

"The bulk billing model will collapse in the next one to two years," said Dr Umair Masood, Australian Society of General Practice.

"The Medicare rebate needs to be double what it is at the moment for that to be even close to functioning."

Doctors say years of underfunding have led to GPs subsidising consults themselves but now clinics are struggling to stay open.

About 30 to 40 per cent of Australian practitioners have switched to mixed or private billing within the last 12 months..

With the average out-of-pocket expense for GPs having risen by 60 per cent in the last decade, hundreds of clinics across the nation are struggling to make ends meet.



Get Moving Tasmania

https://www.getmoving.tas.gov.au/resources/for_everyone

Heart attack awareness

<https://www.heartfoundation.org.au/bundles/your-heart/heart-attack>

A heart attack occurs when a coronary artery, which supplies blood to your heart, becomes blocked.

The most common sign of a heart attack is chest discomfort or pain, which can spread to your arms, neck, jaw or back.

Chest discomfort or pain can last for several minutes or come and go.

A heart attack requires emergency treatment to restore blood flow to your heart.

Always call Triple Zero (000) immediately if you think you or someone else may be having a heart attack.

- 1.4 million Australians have a high chance of having a heart attack or stroke in the next five years. Many are unaware of this risk
- Regular heart health checks with your GP help you better understand your risk of a heart attack or stroke in the next five years
- Your GP and nurse can support you to make positive changes to lower this risk

Do you know what your risk of having a heart attack or stroke is? Having a regular Heart Health Check with your GP will help you better understand your risk of a heart attack or stroke.

Most importantly, your GP and nurse can support you to lower this risk. A Heart Health Check is a 20-minute check-up with your GP to assess your risk of having a heart attack or stroke



10,000 steps – 10,000 steps is a free health promotion program that encourages the use of step-counting pedometers to monitor your daily physical activity levels.

Heart Foundation Walking - Heart Foundation Walking is a fun, social and easy way to be active and best of all it's free. It is Australia's largest network of community-based walking groups. Visit this site to find a local walking group near you.

60 Great Short Walks – this website and associated brochure is produced by Parks and Wildlife Service Tasmania. It lists Tasmania's best short walks ranging from easy to challenging full-day walks.

Find an Exercise Physiologist - Exercise Physiologists (EP's) are university qualified allied health professionals who specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic diseases and injuries. EP's who are accredited with national body Exercise and Sport Science Australia (ESSA) are eligible to register with Medicare Australia, the Department of Veterans' Affairs, WorkCover and have recognition among a number of health insurers. This website provides further information on Exercise Physiologists and enables you to search for one near you.

Healthdirect – this service is a free health information and advice line for Tasmanians. It's a free telephone service that operates 24 hours a day, 7 days a week.