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Our GP Staff

- Dr. Natalie Barton
- Dr. Michele Baxter
- Dr. Pradeep Chhabra
- Dr. John Easton
- Dr. Chris Green
- Dr. Melanie Littler
- Dr. Margaret McNiff
- Dr. Keith Skilbeck
- Dr. Eric Soon
- Dr. Meagan Worthington

Wicklow Avenue Medical Centre

Newsletter - November 2018

SMS Reminder for Appointments

In response to patient feedback regarding access to services and methods that we communicate with our patients, we are introducing SMS appointment reminders, online bookings and SMS health promotion recalls. We have engaged the services of 'HotDoc' to facilitate these programs.

For your convenience
We now send appointment reminders by SMS.



Our Reception staff are asking for consent to send messages via SMS and this is recorded for each patient. We have included some pictures here that demonstrate the type of message you will receive for an appointment reminder. If you do not wish to receive reminders in this manner, please speak to our Reception staff, who can also answer any questions you may have about HotDoc.

Our website is currently being updated and we will be offering online appointments very soon. We would encourage our patients to also download the HotDoc app on your 'smartphone' to enable you to make your appointment via this method as well. We chose HotDoc specifically because they support our value of maintaining our patient's privacy and confidentiality and your data is secure.

Skin Checks

Australian has one of the highest rates of skin cancer in the world. Anyone can be at risk of developing skin cancer, though the risk is greater as you get older. The most effective management for skin cancer is early detection and treatment. It is important to get to know your skin and what is normal for you, so that you notice any changes. Skin cancers rarely hurt and are much more frequently seen than felt.

It's a good idea to talk to your doctor about your level of risk and advice for early detection.

When checking your skin make sure you check your entire body as skin cancers can occur in parts of the body not exposed to sun, eg: soles of feet, between fingers and toes and under nails.

Speak with one of our friendly receptionist today to make your skin check booking.



Can you spot skin cancer?

Two out of three Australians develop some form of skin cancer in their lifetime. It could be our national disease - and it kills more than 1,800 of us every year. Get to know your own skin!

What to look for
 Many skin spots, freckles and moles are harmless, but some are clear signs of skin cancer.

Danger Signs

MELANOMA
 Uneven colour, irregular shape, smudgy outline.



NODULAR MELANOMA
 Round bump, brown, pink or red lump. Feels firm and may bleed.



SQUAMOUS CELL CARCINOMA (SCC)
 Thickened red scaly spot. May ulcerate and bleed.



BASAL CELL CARCINOMA (BCC)
 Red or pearly coloured lump or dry scaly area. May ulcerate and fail to heal.



Warning Signs

DYSPLASTIC NAEVI
 Often larger moles with uneven brown (sometimes pink) colour.



SOLAR KERATOSES OR SUNSPOTS
 Red flat scaly dry skin, usually on hands or face.



Talk to your GP today about ANY spot that has changed size, shape or colour.

Harmless Spots

FRECKLES
 Small, flat, single coloured spots.



MOLES
 Flat or slightly raised oval or round lesions. Usually one shade of brown.



SEBORRHOEIC KERATOSES
 Common age spots with a blackish edge and rough surface. Even colour - from tan tone to brown or black.



When UV levels are 3 or above:

- + Slip on protective clothing
- + Slip on SPF30+ sunscreen
- + Slip on a broad-brimmed hat
- + Seek shade
- + Slide on some sunglasses
- + Check the SunSmart UV Alert daily on cancerouncil.com.au/sunsmart

Cancer Council Helpline 13 11 20
cancerouncil.com.au



*This site was developed by the NSW Health Department. Most images supplied courtesy of Spang, Haining & Partners, Sydney, NSW.

**WAMC
Surgery Hours**

**Monday-Thursday
8am-8pm**

**Friday
8am-6pm**

**Saturday
8am-12pm**

Ph: 9725 1244

**After Hours
National Home
Doctor Service
137 425**



**Dorevitch Pathology
Onsite Hours
Monday-Friday
8am-4pm
Saturday
8am-11:30am**

Introducing Dr Melanie Littler

Dr Littler has been consulting as a General Practitioner in Victoria for over 25 years.

Her special interests are:

Women's Health
Antenatal Care
Aged Care
Chronic Disease
Management

Dr Littler will be consulting on Tuesdays, Wednesdays and Thursdays and is accepting new patients.



Introducing Dr Pradeep Chhabra

Dr Chhabra has been consulting as a General Practitioner in Victoria for over 30 years.

His special interests are:

General Medicine
Acupuncture
Musculoskeletal Medicine
Chronic Disease Management

Dr Chhabra will be consulting on Mondays, Wednesdays, Thursdays and Fridays and is accepting new patients.



HAY FEVER

Hay fever is the common name for a condition called allergic rhinitis, which means an allergy which affects the nose. Hay fever is caused by the nose and/or eyes coming into contact with environmental allergens, such as pollens, dust mite, moulds and animal hair.

Most people associate hay fever with spring, when airborne grass pollens are at their peak. This is known as seasonal allergic rhinitis or spring hay fever. However, hay fever can occur at any time of the year. When symptoms occur all year round, this is known as perennial allergic rhinitis. Perennial allergic rhinitis is usually caused by a reaction to allergens around the home, such as dust mites, moulds, animal hair or fur, or occupational allergens.

SYMPTOMS OF HAY FEVER

- Sneezing
- A runny or stuffy nose
- Itchy ears, nose and throat
- Red, itchy or watery eyes
- Headaches



MANAGING YOUR HAY FEVER

Identifying the allergens causing the symptoms is an important part of managing hay fever. In some cases the cause may be obvious but in others your doctor will need to consider your medical history together with the results of allergy tests, which may require referral to a specialist.

Some medications may help relieve the symptoms of hay fever. Ask your GP or pharmacist for advice.

- Intranasal corticosteroid sprays—these nasal sprays are used for people with moderate to severe symptoms and are one of the most effective treatments for allergic rhinitis. They need to be used regularly as directed to be effective.
- Non—sedating antihistamine medications—these maybe useful to control sneezing and itching