



Healthy Living

Summer provides us with the opportunity to embrace outdoor living/activities. It is not just about eating more healthily but making sustainable lifestyle changes to promote preventative health for your future such as fun outdoor activities with family and friends.

In collaboration with the Great Metro South Brisbane Medicare Local, GCMC is pleased to support the Positive Impact program for coaching in health and wellbeing. This program helps to improve your health, fitness and wellbeing through reducing or preventing the onset of chronic conditions and is available to assist those who are currently overweight. If you are interested please make an appointment with your doctor by calling 07 3343 1344.



Talk to your GP about Positive Impact today!!

45-49yr old Health Assessments

As part of our preventative health services, we offer health assessments for people between the ages of 45-49 years who are at risk of developing a chronic diseases, e.g. diabetes.

A health assessment at this stage of life can assist you to make the necessary lifestyle changes to prevent or delay the onset of chronic diseases. Please phone reception on 3343 1344 and ask for Kate, she can prioritise an appointment for you.

**Garden City
Medical Centre**

Shop 2085, Garden City Medical Centre
Corner Logan & Kessels Rd
Upper Mount Gravatt QLD 4122

P: 07 3343 1344

F: 07 3849 7603

Web: www.gardencitymedicalcentre.com.au

change 4 LIFE
Eat well Move more Live longer

The Cancer Council Australia's SLIP, SLOP, SLAP, SEEK, SLIDE Health Campaign

Summer is now upon us and it is time to start covering up from those nasty sun rays – think...Slip, Slop, Slap, Seek, Slide.

The Cancer Council's Sun Smart program has been running since the early 1980's to help promote the prevention of skin cancers and heat stroke.

People at higher risk of skin cancers are those who:

- ☑ Previously had a skin cancer and/or family members have
- ☑ Have a large number of moles on their skin
- ☑ Have a skin type sensitive to ultraviolet (UV) radiation and burns easily
- ☑ Have a history of sever/blistering sunburns
- ☑ Spends a lot of time outdoors, unprotected
- ☑ Actively tan or use solariums
- ☑ Work outdoors

For further sun protection information please see <http://www.sunsmart.com.au/>

Garden City Medical Centre offers onsite skin checks and sun smart education for skin cancer prevention.

If you have any questions or queries about your skin and protection please see your doctor.

Protect Yourself in 5 Ways

-  **Slip** on sun-protective clothing
-  **Slop** on SPF30+ sunscreen. Reapply every two hours
-  **Slap** on a broad-brimmed hat
-  **Seek** shade
-  **Slide** on wrap-around sunglasses

Did you know

Both the ease and speed of specialist referral processes are a concern for patients and their treating doctor.

So that we can support you in referring you for specialist care, it is important to allow enough time with your doctor to discuss health matters that concern you most.

If you think you may need a referral to a specialist, please remember:

- You must make an **appointment** with your doctor **before** your specialist appointment
- No referrals can be written without seeing your doctor
- Referrals must be written in accordance with Health Insurance Act 1973 & Health Insurance Regulations 1975, this means no referrals can be back dated. So please check your referral is up to date when you make your specialist appointment.

Professional Development - Training in Chronic Disease Management

Recently Britney our registered nurse, attended a 3 day training session on Chronic Health Conditions and Management at the Queensland University of Technology.

Britney is now conducting onsite Chronic Disease Management assessments for eligible patients as part of our preventative health care program. Please call Kate on 3343 1344 to assist you with an appointment today.



Psychologist

From the 16th November 2013 one Saturday per fortnight GCMC will have psychologist Sheenah Turnbull working from our rooms.

Sheenah is part of the Mt Gravatt Psychology Services, providing support to people with a range of psychological concerns.

Offering treatment for:

- ✔ Depression and mood concerns
- ✔ Anxiety, worry and panic
- ✔ Stress
- ✔ Grief and loss, bereavement
- ✔ Abuse
- ✔ Child & Youth
- ✔ Parenting
- ✔ Anger management
- ✔ And many more

Individual, couple, family and group sessions are available.

Sessions are for 50 – 60 minutes

Please ask your treating doctor for more details regarding this service.



Dietitian

From the 21st November 2013 one Thursday per fortnight GCMC will have Dietitian Lisa Peterson working from our rooms.

Lisa is a dietitian from Tree of Life nutrition. Her aim is to help each client individually address his or her food concerns.

Lisa's major interests include gastrointestinal issues, weight loss and eating disorders. Whilst also thoroughly enjoying working with patients to manage their diabetes and food intolerances.

Lisa will be attending our clinic on Thursday's between 2pm – 6pm.

To make an appointment please contact Garden City Medical Centre on 07 3343 1344



Terry White Chemist

Terry White Chemist is proud to be a full service pharmacy brand that offers you real value.

Their experienced staff take the time to listen, so they can provide you with the advice and knowledge you know you can trust.

*National Diabetes Services Scheme Available – please ask our friendly staff for more information

MedsCheck

Terry White pharmacy now offer a MedsCheck service which provides you with one-on-one time with the pharmacist to review and discuss the best ways to manage and get the most out of your medicine.

Terry White Pharmacy prescription area now remains open until 7pm Mon-Thursday and 6pm Friday for your convenience

Garden City Medical Centre

Shop 2085, Garden City Shopping Centre
Corner Logan & Kessels Road
Upper Mount Gravatt QLD 4122

Ph: 07 3343 1344
Fax: 07 3849 7603

Opening Hours:

Monday to Thursday - 8am to 7pm
Friday – 8am to 6pm
Saturday – 8.30am to 12.30pm
Sunday & Public Holidays – Closed

www.gardencitymedicalcentre.com.au



Shop 2084, Garden City Shopping Centre
Corner Logan & Kessels Road
Upper Mount Gravatt QLD 4122

Ph: 07 3349 8709
Fax: 07 3849 1183

Extended hours of Christmas:

Monday, Tuesday, Wednesday, Friday - 8am to 6pm
Thursday - 8am to 9pm
Saturday – 8am to 5pm
Sunday & Public Holidays – 10am – 4pm