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

Heart Care

Did you know...

- around 55,000 Australians suffer a heart attack (1 heart attack every 10 minutes)
- almost 9000 Australians die of heart attack (1 life per 60 minutes)
- 24 Australians died from a heart attack each day in 2013.

Will you recognise a heart attack?

The warning signs of heart attack can be varied and may not always be sudden or severe. You may have just one of these symptoms, or a combination of them. They can come on suddenly or develop over minutes and get progressively worse. Symptoms usually last for at least 10 minutes.

Warning signs could include:

- discomfort or pain in the centre of your chest— this can often feel like a heaviness, tightness or pressure. People who have had a heart attack have commonly described it as like an “elephant sitting on my chest”, “a belt that’s been tightened around my chest” or “bad indigestion”.
- The discomfort may spread to different parts of your upper body.
- discomfort in these parts of your upper body:
 - arm(s)
 - neck
 - chest
 - shoulder(s)
 - jaw
 - back

You may have a choking feeling in your throat. Your arms may feel heavy or useless.

- You may also experience other signs and symptoms:
 - feel short of breath
 - have a cold sweat
 - feel nauseous
 - feel dizzy or light-headed.

Some people have also described feeling generally unwell or “not quite right”.

If you feel any heart attack symptoms, refer to your action plan and get help fast –call Triple Zero (000)*.

(* If calling Triple Zero (000) does not work on your mobile phone, try 112).

Heart Care Continued...

Warning signs of heart attack—what to do

1. Stop — immediately stop what you are doing and rest.
 2. Talk — if you are with someone, tell them what you are feeling.
- If any of your symptoms:
 - are severe
 - get worse quickly
 - have lasted 10 minutes
 - 3. Call Triple Zero (000) now!
 - Ask for an ambulance. Don't hang up. Wait for advice from the operator.

Source: Heart Foundation Australia

Why is a heart attack an emergency?

With a heart attack, every minute counts. Too many people lose their lives because they take too long to call Triple Zero (000).

Getting to hospital quickly can reduce the damage to your heart muscle and increase your chance of survival. In hospital, staff will give you treatments that help to reduce this damage.

Important Notes

- Warning signs differ from person to person.
- Heart attacks are not always sudden or severe. Many start slowly with only mild pain or discomfort. Some people do not get chest pain at all—only discomfort in other parts of their upper body.
- No two heart attacks are the same. Someone who has already had heart attack may have different symptoms the second time.
- Women are more likely to experience non-chest pain symptoms of a heart attack than men, so it's important you know the signs.

Neck

You may feel a general discomfort in your neck, or a choking or burning feeling in your throat. This discomfort may spread from your chest or shoulders to your neck.

Shoulder(s)

You may experience a general ache, heaviness or pressure around one or both of your shoulders. This discomfort may spread from your chest to your shoulder(s).

Arms

You may feel pain, discomfort, heaviness or uselessness in one or both arms. This may also feel like numbness or tingling. This discomfort may spread from your chest to your arm(s).

Jaw

You may feel an ache or tightness in and around your lower jaw on one or both sides. This discomfort can spread from your chest to your jaw.

Back

You may feel a dull ache in between your shoulder blades. This discomfort can spread from your chest to your back.

Chest

You may feel pain, heaviness, tightness, pressure or a crushing sensation in the centre of your chest. This discomfort may be mild and make you feel generally unwell.

For more information call our Health Information Service on 1300 36 27 87 or visit www.heartattackfacts.org.au

You may also feel:

Nauseous.

You may feel nauseous or generally unwell.

Dizzy.

You may feel dizzy or light-headed.

A cold sweat.

You may break out in a cold sweat.

Short of breath.

You may find it difficult to breathe or take a deep breath due to a tight or constricted feeling in your chest.

What is an Exercise Physiologist?

By Kieran Bairstow, Exercise Physiologist, BodySmart

Accredited Exercise Physiologists (AEPs) specialise in clinical exercise prescription and the delivery of exercise and lifestyle modification programs for people who are at risk of, or living with chronic disease.

Typical accredited exercise physiologist services include:

- initial assessment to determine health status, and exercise/physical activity history;
- explain how exercise therapy will help to treat or improve the patient's condition and improve their quality of life;
- discussing the patient's exercise and health goals and strategies to achieve these goals;
- completing a physical assessment to determine the patient's current physical abilities to enable a program to be designed;
- development of an exercise program, clinical or home based, individual or group;
- instruction on how to complete the exercise program, including discussion on the role of the exercise and how to achieve good technique;
- written reports to the referring GP, Practice Nurse or specialist, detailing the patient's exercise plan and progress; and
- ongoing assessment to track patient progress and identify changes to the program that need to occur.



Who should see an AEP?

AEPs treat and manage a broad range of conditions, including common health conditions that are preventable and treatable:

- Diabetes and Pre Diabetes
- Cardiovascular Disease
- Obesity
- Cancer
- Depression
- Osteoporosis
- Chronic Respiratory Diseases and Asthma
- Chronic musculo-skeletal injuries
- Physical restrictions or mobility issues
- Difficulty maintaining motivation and adherence to exercise routines

Referral Information

Rebates for AEP services are available for eligible patients from Medicare Australia, Department of Veterans' Affairs, WorkCover and a number of private health funds.

What is the cost to the patient?

Session costs vary, however patients on a GP Management Plan and Team Care Arrangements are eligible for 5 individual exercise physiology sessions per year on Medicare Benefits Schedule, or up to 8 group sessions for those with Type 2 Diabetes.

Please liaise with our reception staff regarding appointment bookings, for the clinics held here on Friday afternoons.



Why Choose an eHealth record?

An eHealth record can make getting the right treatment faster, safer and easier.

- emergency help – If there is a risk to your life or safety, healthcare providers can temporarily access your eHealth record to ensure you get the best care. This is consistent with existing privacy laws.
- safer care – The healthcare providers you authorise will be able to access your key health information, such as details of your allergies or previous bad reactions to treatment.
- more convenient – Even if you are travelling, your
- eHealth record will always be accessible so you will not need to repeat or remember all your health details.
- your choice – Registering for an eHealth record is entirely voluntary and, if you do choose to register, you will, over time, reap the benefits an eHealth record has to offer.
- future planning – You can include details about the location and custodian of your Advance Care documents.
- share the load – If you wish, you can nominate a trusted person, such as a carer or family member, to view the information in your eHealth record. Your nominated trusted person can even fully manage your eHealth record on your behalf, if you identify them as your Full Access Nominated Representative.

What if I don't have a computer, or am not confident using the internet?

You do not need a computer or computer skills to have an eHealth record, or to enjoy the benefits of an eHealth record.

Register for your eHealth record

The system will grow – as will the benefits – as more individuals and healthcare organisations register.

You can register for your eHealth record in one of the following ways:

- speak with your doctor - staff in the practice may be able to assist you to register
- over the phone – call 1800 723 471 and select option 1
- in person – visit a Medicare Service Centre
- in writing – complete a registration application form, available from a Medicare Service Centre or from the eHealth website and post it to: Personally Controlled eHealth Record Program, GPO Box 9942, In your Capital City
- online – visit www.ehealth.gov.au

Are You in the Know?



A free evidence-based health information video library brought to you by Tonic Health Media.

www.tonicondemand.com.au

Home Medicine Reviews

Could you benefit from a home visit by our consultant Pharmacist:

- do you understand your prescribed medications?
- are you uncertain about how & when to take your medication?
- is your medication dosage current?
- are you taking additional health supplements?

Please liaise with our reception staff regarding appointment bookings.

Allied Health Services Available

We offer the following specialised allied health services here in practice:



Lisa Peterson | *Nutritionist / Dietician*



Aadila Dada | *Podiatrist*



Se Kim | *Audiologist*



Kieran Bairstow | *Exercise Physiologist*

Please liaise with our reception staff regarding appointment bookings.

Socialise With Us

Stay up-to-date with all the latest news, events and health advice.



www.gardencitymedicalcentre.com.au



GardenCityMedicalCentre

Book an Appointment 24/7

Online booking available here.

Book your next appointment fast.



Opening Hours

DAY	TIME
Monday	8am – 7pm
Tuesday	8am – 7pm
Wednesday	8am – 7pm
Thursday	8am – 7pm
Friday	8am – 6pm
Saturday	8:30am – 12:30pm
Sunday	Closed

After Hours Care

In an emergency, please **call 000 (triple zero)**.

Alternatively, outside of our practice hours, patients can access the National Home Doctor Service by calling **13 SICK (13 74 25)**, for a home visit or call **13 HEALTH (13 43 25 84)** for health advice 24/7.