

With more time available to dedicate to the three branches the ultimate plan is that the “Alice Springs Skin Cancer Clinic” will expand, and “Alice Diabetes Education” will start getting referrals to Susie as a private diabetic educator from other GP clinics, and “Alice Travel Medicine” will be promoted as the most up to date resource for safe travel advice not just vaccinations. We have been linked with Travel Medicine Alliance for the last 7 yrs and Dr Mitchell will plan to sit the International Travel examination in the next 12 months.



Skin clinics are now run every Monday morning (in particular due to the large numbers from remote or cattle properties), every 2nd Tuesday afternoon and every Thursday afternoon. Depending on demand these will continue to increase in frequency. In particular if you work outside, or used to when younger it is highly recommended to have a top-to-toe check up. If you are concerned about one particular sunspot or skin lesion please inform Lynlee when booking as a fit in appt can be arranged. Remember if using efudix or picato on solar keratoses it is recommended for a single appointment at least 4– 5 weeks after your last application to review it’s success. Earlier reviews may be influenced by residual redness left behind by the creams.



Type 2 Diabetes is becoming more common than ever, yet many people aren’t aware of the risk factors or symptoms of diabetes. Modifiable risk factors include, carrying abdominal fat, lack of regular exercise , questionable diet and smoking.

Common symptoms that might seem minor such as urinating frequently, feeling very thirsty and having an insatiable appetite are often ignored with people trusting they will eventually subside.

However these seemingly insignificant problems are actually symptoms of type 2 Diabetes, a condition that’s becoming increasingly prevalent across the globe. Experts suggest for every person diagnosed with type 2 diabetes there a 2 more that aren't.

As a result, it is vital for people to learn to recognise the risk factors for type 2 diabetes as well as common symptoms, to properly prevent or treat the disease.

**Are you are aged between 40—49?** You might be eligible for a health assessment to determine your risk of developing diabetes.

Interested! Then book an appointment today initially with Dr Mitchell who can discuss your eligibility and order appropriate pathology before a funded visit with Susie our practice nurse and diabetic educator (soon to be credentialed)



## NEWSLETTER

EDITION 1  
**APRIL 2016**

### DOCTORS

Dr Deb Mitchell

### PRACTICE NURSE/DIABETES EDUCATOR

Susie Leister RN

### ADMINISTRATIVE TEAM

Practice Manager—Susie Leister

Receptionist— Lynlee

### PRACTICE HOURS

Monday to Friday 9am —5pm  
Sat, Sun & Public Holiday’s - closed



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## Alice Travel Medicine

### FLU CLINIC OPTIONS in APRIL

This year there is confusion, as the usual trivalent fluvax which has always been available with different brand names, now we also have the quadvalent influenza vaccine after the Aus Govt decided to increase the coverage late last year. There has been a delay in getting our hands on the quad-valent but the trivalent is already here, and we are vaccinating patients.

Flu clinic dates are set:

Tuesday 19/04/16 0900—1230

Tuesday 26/04/16 1600—1730

Wednesday 27/04/16 0900 - 1230

Tuesday 3/05/16 0900—1230

Quad private and funded arrived just in time for our first flu clinic on the 12/04/16 where we vaccinated 45 patients.

The visit is funded if booked within these times, otherwise a fit in appt would be created charged as a level 3 consult.

Trivalent \$20 quadvalent \$30

Dr Mitchell's standard appointments will always be 30 min minimum. Over the last 9 years more than half of what she has done has fallen into a subspecialised field of medicine so we are just going to continue that theme.

Her postgraduate training includes skin cancer, women's health, obstetrics and gynaecology, in particular fertility, mental health including focused psychological strategies, musculoskeletal medicine and sports medicine. She is halfway through her Masters in Skin Cancer Medicine through UQ and will ultimately plan to achieve that qualification in the next few years.

Until the end of the financial year 30/06/16 ASFMC will waive the usual admin fee we would charge to release files to other clinics in town. Once we have been informed which clinic a family or individual is choosing to be their new GP, we will import their medical file onto a disc for the new practitioner to access. If there are minimal records to transfer we will inform the new clinic. We have been frustrated by Mall Medical in particular not accepting discs—which makes them a poor choice for a back up clinic, and it is their Practice Principal blocking this, not us. If you are choosing Mall Medical please direct your frustration towards them, not us. We have had no issues with Central Clinic or Bath St at all. The process has been very streamlined with them both.

After 30/06/16 there will be the usual administration fee reintroduced of \$50+GST to produce your entire file with a cover letter to the doctor you might be choosing. It would make sense if there is minimal information on your file that it could be sourced directly from the lab or ASH.

### WHAT'S NEW?

ASM transition is fairly complete. We appreciate it has been at times a confusing time for patients and if there are any concerns please read our newsletter from Oct 2015 explaining in more detail why ASFMC could no longer continue in our previous format.

Susie has finished her University studies to be an accredited Diabetic Educator and is in the process of getting credentialed mid-year to have her own Medicare number. She is still a Practice Nurse and being linked to Dr Mitchell means she can still be accessed for chronic disease support if you have a chronic medical condition and have a current GP Management Plan.

We cannot be compared to the other mainstream general practice clinics in Alice Springs anymore—they have a workforce of up to 10 part-time GPs compared to one.

We have set up some Facebook sites so if you have not seen them yet please search them out—Alice Springs Skin Cancer Clinic, Alice Travel Medicine and Alice Diabetes Education and “like us” to get more info.

We are hoping to use these sites to advertise our specialised clinics eg. Upcoming flu clinics and also post relevant short articles that might be of patient interest. Due to our upcoming re-accreditation process with AGPAL we will be collecting data on how patients hear about what we can offer.