



Alice Springs
**Skin Cancer
Clinic**

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 single appt can be arranged for a "spotcheck". Remember if using efudix or picato on solar keratoses it is recommended to book a single appt at least 6—8 weeks after your last application to review it's success with the loupes and/or dermoscopy. Earlier reviews may be influenced by residual redness left behind by the creams.

More recently with the cooler weather the demand for full skin checks has reduced slightly but an annual review if still recommended, so ASM will activate it's recall to remind existing patients if it has been more than one year since their last skin check.

Interestingly Dr Mitchell inherits other specialist or GP patients whom want to proceed with cryotherapy. This is a very limited treatment with potential scarring and there is no guarantee this will proceed without other options being advised.



**Alice DIABETES
EDUCATION**

Are you aged between 40—49? You might be eligible for a health assessment to determine your risk of developing diabetes and other chronic diseases. Current Medicare arrangements mean this type of intensive hour funded visit can be offered every 3 years. You do not need to be an existing patient but you do have to see Dr Mitchell first to receive the correct pathology request form, and ensure your eligibility. A cost effective way if you are in this age group is to consider a thorough skin check!! Thus there is no need for an extra appointment with Dr Mitchell unless you feel there are other matters to discuss. **Interested?? Then discuss with our receptionist the best way to link you to this service.**

SIMPLE SLIM-DOWN SECRETS

- Sniff a green apple, or peppermint or even vanilla essence next time you have the munchies. A recent US study found these particular scents can curb your appetite
- Put your healthy food on display—eg. Fruit bowl on the benchtop and keep your "less-than-healthy" foods at the back of the fridge or cupboard. A UK study showed people ate 3 x the healthier food than before just by doing this
- Make biology work for you by scaling down your plate size by 1/3 and your water glass up by 1/3. You will still feel full!!!
- Be a channel surfer ; don't watch the food ads on TV as they tend to make you hungry



NEWSLETTER

**EDITION 2
JULY 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

Proud to be working with the
community to improve Central
Australian Health



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General Practice**

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WHAT'S NEW?

Winter is upon us and the cooler weather (minus the crazy hailstorm recently!!) means there are less excuses to be outside and exercising.

Due to the transition and upcoming school holidays for Joshua (now 5.5 years of age), we will be closed Friday 1st July Show Day Public Holiday, and our family will have a 10 day trip away. The clinic will re-open Monday 11th July with normal hours and Lynlee here to give results, and answering phones to book appointments.

Susie has finished her University studies to be an accredited Diabetic Educator and is still 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 hope to recruit a casual nurse to assist in our clinical care to patients.

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 plan to use these sites to 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.

RELEASE OF INFO REQUESTS

We have reintroduced the usual administration fee of \$50+GST to produce your entire file with a cover letter to the doctor you might be choosing if no longer seeing Dr Mitchell. It would make sense if there is minimal information on your file that it could be sourced directly from the lab or ASH. As we have 15,000 patients on our database and some have not been personally seen for years, we will not be actioning requests from other clinics for medical summaries or other basic information they can either source directly from the Alice Springs Hospital, or Westerns, or you as the patient could easily tell them in person.

This is a business decision as for the last 9 months we have been providing this information at no cost due to the transition but ASM Management feels that has been a generous amount of time. We have informed the 3 other clinics in town of this plan so please do not just sign “release of information” requests without understanding the implications financially.

SOONER THE BETTER FOR ASPIRIN AFTER STROKE

A recent article in “The Lancet” shows that taking aspirin reduces the overall risk of recurrent ischaemic stroke in the short term (over 6 weeks) by about 60%, with a similar effect at 12 weeks. TIA—transient ischaemic attack or minor stroke could potentially be any vague neurological symptom and in the past pre-hospital medication was discouraged due to concerns that the stroke-like symptoms could be caused by intracerebral haemorrhage. However, this is only the case in <5% of cases. It will be interesting to see how the guidelines may alter.



Alice Travel Medicine

We are linked to Travel Medicine Alliance and have been an active member since 2007. Have a look at their website for updated travel blogs and information

www.travelmedicine.com.au

Preventative measures are what are focused on at your TMA Clinics across Australia. Specially trained doctors and nurses have gone the extra mile to specialise in this area. They have Certificates of Travel Health, Diplomas of Travel Medicine and many have Masters Degrees. This means you have a body of people that are **focused** and **up to date** on this subject and will ensure you are educated, vaccinated and indoctrinated on how to stay healthy while away and come home healthy to share your travel stories.

We pride ourselves at offering the most up to date recommendations here at ATM, and in particular it is not just about providing vaccinations on site. We are constantly amazed at the number of patients seeing us the week before they leave the country for their amazing overseas holiday, thus potentially putting themselves at real risk of contacting an unnecessary illness.