



Alice Springs
**Skin Cancer
Clinic**

Dr Mitchell has completed another module on Advanced Head and Neck surgery but is not pretending to be equivalent to a plastic surgeon. By offering certain procedures here at the clinic under local anaesthetic though, we can save time, money and stress due to the delays in seeing appropriate private specialists interstate. Other options are always offered so informed financial decisions can be made, and she is not offended or upset if patients are keen to follow up with other resources.

We now stock picato and can dispense this medication, linked to a funded visit to get our practice nurse to apply the first treatment dose. It is a 3 day course on the face, and only 2 days for body strength application and due to increasing variation in chemist dispensing costs and patients concerns about where to apply it (sometimes not following through until 6—12 months after seeing Dr Mitchell in a skin clinic appt) we feel this will better patient compliance and thus ultimately contribute to better patient outcomes. If you have private health insurance our invoice can be claimed with your fund, to reduce out of pocket expense for the medication. Interestingly unlike with efudix, you can apply to more than one body surface area at a time, so you could in theory do every area of concern in one hit, depending on cost obviously. There does not seem to be the toxicity and side effects of lethargy, nausea and general malaise.



A personalised diet and exercise program through the Cancer council is now available for those “Living with Cancer” if you have completed cancer treatment in the past 5 years. You’ll receive up to 12 health coaching phone calls over a period of 6 months. The nurse will work with you to make healthy lifestyle changes, by setting goals for both physical activity and healthy eating. There is also a survey at the beginning and at the end of the program.

Please call **131120** to enquire about your eligibility.

WHAT IS PUBLIC HEALTH?

As part of one of my first modules in the Masters program through JCU I was asked to consider individual’s definitions of what health means to them? Have you thought of this concept recently? Health is not just physical, mental and emotional wellbeing, but also cultural, social and economic means. It is not just acute illness, or chronic disease, but also physical capacity to exercise, move and enjoy life, as well as health promotion individually, as well as secondary and tertiary prevention. Nutrition, education, community access to sanitation, clean water, school programs, government funded awareness programs, school initiatives, and the list goes on and on. How is our tax dollars being used in public health expenditure at a local level, versus Territory and National level?



NEWSLETTER

EDITION 4
MARCH 2017

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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WHAT'S NEW?

Welcome back from your Summer break that hopefully you all had . Thankyou to everyone for the well wishes for me personally from my surgery. I am basically fully recovered . Skin clinics are now being run 4 x a week, Mon and Wed mornings and Tues and Thursday afternoons due to increasing demand. As demand increases we plan to add extra skin clinic times to match. Diabetes clinics will be restarted after February, due to Susie having to cover reception for a 2 week period.

Currently there is not set date on the release of 2017 funded fluvax—potentially we are being told April. Thus we will definitely have our private fluquadri stock way before the funded stock. For now there are no dates for our funded fluvax clinics, but stay tuned.

Due to the clinic transition, and wastage of childhood funded vaccinations we are no longer stocking these vaccines. If you need childhood vaccinations, or think a catch-up may be required please enquire through Flynn Drive which offers funded visits. Summer has been wet, humid and hot and with all the recent rain, wild flowers are beautiful, but the grasses potentially mean a wicked hayfever season for those who suffer. Another chronic disease management item we are proactively offering is funded asthma visits. If you have an asthma diagnosis or know of someone who does, please direct them to Lynlee to enquire about a visit with Dr Mitchell, to then plan funded follow up visits if they are in fact eligible.

NURSE RECRUITMENT IN 2017

If you know someone who might be interested in working part-time as either an enrolled nurse, or registered nurse in private general practice please encourage them to drop their CV/ resume into Susie our Practice Manager.

At least 50% of what they would be doing will be assisting Dr Mitchell with simple surgical procedures, and being trained in simple skin techniques like picato application. The rest would be related to chronic disease management and travel medicine, with an up to date vaccination training certificate required.

We are advertising now so feel free to circulate our intent!!

IRON DEFICIENCY

This is a very common problem, affecting up to 30% of women in Australia, and you may have seen the recent beef advertising with a certain celebrity on TV.

Symptoms may include extreme fatigue, poor memory and attention span, dry skin, hair loss, unexplained bruising, nail changes, unexplained shortness of breath with activity, ironically heavier periods (which just make iron deficiency worse), pale skin, and loss of interest, perhaps worsening an underlying mood disorder.

Recently through the Alice Springs Hospital Day Surgery Unit , iron infusions have become available, thus improving the speed with which supplementation can improve your clinical symptoms. Do you know your iron levels??



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

It was our turn to write the blog in December 16 for TMA's website—so check it out. Dr Mitchell has enrolled in a Masters of Public Health and Tropical Medicine through JCU this year to improve her postgraduate training in this field.

If you have private health insurance please remember to check with your individual fund what you might be able to claim back from various vaccinations. Depending on your occupation certain vaccinations would also be legitimately tax deductions. We always provide you with an itemised invoice so please don't forget to check as this can dramatically reduce your out of pocket expense.

The other new funded vaccine for those aged 70—79 years is the shingles vaccination zostavax. It is a live vaccine that we are now stocking for those eligible due to their age ; we would strongly advocate getting this vaccine due to the risk of persistent nerve pain after an outbreak of shingles!!!