



The Cancer Council is providing some great resources about skin cancer.

Text CHECK to 0499 064 064

to receive a fridge magnet and free skin check brochure now. Help to educate yourself about some of the changes that different skin cancers can do.

You may have received an email regarding skin clinic existing times and whether demand is there to offer early evening appointments at a higher fee. Due to feedback received we are trialing skin cancer clinic after hours appts Wednesday evenings 1800—2000hrs. If popular we will keep but if not utilised in the next few months Dr Mitchell is happy to go home at a reasonable time!!

Dr Mitchell's final surgical training module for her Professional Diploma in Skin Cancer Surgery through Bond University in Qld. was done in late Feb19. This involved more skin grafts and flaps and as part of this we will start trialing a new once only treatment for solar keratoses called **metvix**. We feel this will be a legitimate game changer for those people who work outside, as the cream is actually activated by the sun, and there is no need for time off if self-employed.

MEDICARE SAFETY NET

Each time you or your family claim from Medicare they keep a tally of the gap amounts during the calendar year. When your family gets close to the threshold amount they will tell you, so you can confirm who's in your family and get the higher Medicare benefit when your family reaches the threshold. If you're single they will automatically pay you the higher benefit when you reach the threshold. The Medicare Safety Net threshold is indexed annually from 1 January and works on a calendar year; 1 January to 31 December.

Benefits for individuals are that once you reach the Extended general threshold of \$2133.00, for the rest of the calendar year you'll get the Medicare benefit plus whichever is lowest of either 80% of the out of pocket amount, or EMSN benefit caps - read more about the [EMSN benefit caps](#) on the Department of Health website (involves fertility, different types of surgery and allied health).

<https://www.humanservices.gov.au/individuals/services/medicare/medicare-safety-net/thresholds/extended-general-thresh-oldhttps://www.humanservices.gov.au/individuals/forms/ms016>

The myGov website is another useful resource with your online Medicare account. Medicare Express Plus App is very helpful and we would recommend downloading it onto your phone



NEWSLETTER

EDITION 9
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WHAT'S NEW?

Alice Specialised Medicine wishes everyone a Happy Easter and as we were away for a medical conference earlier in March, we are here for Term 1 school holidays. We are looking forward to the cooler weather especially to get out and about more.

We started trialing mailchimp emails to use for a number of administrative reasons. We are outsourcing our recall lists, and make a push on ensuring we have up to date emails or SMS contacts. This has worked well for the annual skin check reminders and ASM is keen to advertise our flu clinics this way, as well as other important health messages.

We will only run 2 “funded flu clinics” this year on Wed morning 24/04 and the following Wed 1/05. Our private fluvax arrived in late March and we have been promised by ASH Pharmacy we will have the funded fluvax by mid-to-late April. For ease we will send an email invite to all current patients and then you can individually remove yourself from the list. ASM Management is aware more employers are offering the private fluvax to their staff so we will not be offering more than those 2 dates.

We are still looking to recruit practice nurses, from as little as a 3–4 hour session per week, up to full-time work. If you, or someone you know is interested, please contact reception, or email Susie at admin@alicespecmed.com.au. We have the potential to recruit more than one practice nurse.



Dr. Mitchell is currently enrolled at JCU in Townsville doing a Masters in Public Health and Tropical Medicine and in 2019 her subjects will include Expedition and Wilderness Medicine and Diving and Marine Medicine. Thus the next topics we will update on our website for Fact sheets will include Altitude sickness, Hypothermia and Cold Injuries, Heat Stroke, Expedition pre-planning and if you are planning on joining an organized group, or doing your own itinerary planning, why more detail is better!!

With the rush to school holidays and patients travel plans overseas, we wanted to quickly remind everyone that even though we do our best to cater to everyone's demands it is impossible to please every person. In particular we have decided to trial getting more specific information about people's travel plans to better utilise our limited resources. If we have your detailed itinerary, proof of previous vaccinations or blood serology, we can better provide exceptions for our booking availabilities.

METVIX CREAM

This is a new cream, designed to treat solar keratoses on your face and scalp only. Sunspots or actinic keratoses are pre-cancerous lesions that commonly appear as rough, dry, scaly patches on the skin. Sunspots develop after years of high sun exposure and are more common in people with fair skin.

It's selling points include:

- It has limited impact on your lifestyle
- The treatment takes as little as 2.5 hours (although individual circumstances may mean longer is recommended)
- There is little discomfort

It works just like the alternatives picato, and efudix by destroying cancerous and precancerous cells by preventing them from growing. It does this with the help of daylight exposure (ironically) after the treatment is applied to you by us!!

The brochures have finally arrived and ASM expects to stock this alternative treatment by the end of April.

If deemed appropriate it may be suggested as an alternative to other SK treatments we have used previously. The cohort of people we feel it will be best for include self-employed people (who could never take the week off work recommended), people who work remotely, and outside, tradies, station workers and anyone with severe sun damage mostly affecting their face and scalp.