New Years Resolution: lose weight and improve your health?

The LIFE! program has been successfully running for many years - supporting people to improve their health by setting realistic goals about healthy eating, physical activity and weight management.

LIFE! is small group learning with guest speakers including Exercise physiologist and Dietitian. The program involves 4 core sessions with a 4 month follow up to assess progress.

The program offers support, motivation and evidenced based information to assist you to achieve your lifestyle goals.

The LIFE! program could change your life and minimise your risk for diabetes and heart disease

If this sounds like you, then talk to your GP/Nurse about the LIFE! program commencing February 28 at SMC

National Cervical Screening Program

Pap smear testing in Australia has been replaced by the new Cervical Screening Test which looks for a virus - Human Papilloma Virus (HPV)

FUN FACTS
- 90% of men and women will have HPV in their lifetime
- 98% of people infected with genital HPV will clear the virus naturally within 5 years
- There are 14 types of HPV that cause 99% of the cervical cancers and all of these types are detected by the new test
- 30% more cases of cervical cancer will be prevented with the new national cervical screening programme compared with the pap smear programme
- Women only need to be tested every 5 years starting at the age of 25.

For more information visit www.cancerscreening.gov.au/cervical or speak to any of the doctors or nurses at our clinic.
Welcome to SMC

Everyone at the Shepparton Medical Centre would like to welcome two new doctors and two new specialists to our team. Dr Alfia Shvarts and Dr Samantha Phillips who commence at SMC in February 2018 and Mr Simon O’Keefe (Exercise Physiologist) who will join us every second Wednesday and Dr Liam Tjia (Paediatrician) who will be at the clinic once a month.

Dr Alfia Shvarts joins us for her final year as a GP registrar – a fully qualified doctor completing her specialist training as a general practitioner. Dr Shvarts spent the last 12 months at Euroa Medical Family Practice looking after a range of patients and medical conditions. She enjoys working in North East Victoria and has a specific interest in Women’s Health, currently completing a Diploma in Obstetrics and Gynaecology.

Dr Samantha Phillips is a local resident who completed her medical degree and training in both regional NSW and VIC and joins us for the first year as a GP registrar – a fully qualified doctor undertaking specialist training as a general practitioner.

Dr Phillips enjoys working and living in rural communities, providing medical care for a wide variety of patients.

Dr Liam Tjia is a general Paediatrician who welcomes the chance to look after kids with developmental concerns. Dr Tjia works at the Monash Children’s Hospital and in private practice in Melbourne and receives many referrals from our region.

He looks forward to providing a private service in Shepparton and working with families in the region.

A GP referral is required to book an appointment

Mr Simon O’Keefe is a local Exercise Physiologist who will provide services at Shepparton Medical Centre in addition to his practice at Shepparton Osteopathic Clinic.

Simon can assist patients with musculoskeletal conditions/injuries, diabetes, obesity, osteoporosis, chronic respiratory disease, arthritis and post-surgical rehabilitation.

Simon will be available for appointments every second Wednesday. Please speak to your doctor if you feel you would benefit from being referred to see Simon.

Fast fact: GP registrars are fully qualified doctors who chose to undertake specialty training as general practitioners.
Chronic Kidney Disease

Did you know that 1 in 3 Australians are at increased risk for chronic kidney failure (CKD)?

Adult Australians are at increased risk of CKD if they:

- Have diabetes
- Have hypertension (high blood pressure)
- Have existing cardiovascular disease
- Have a family history of kidney failure
- Are obese (body mass index > 30)
- Are a smoker
- Are > 60yrs of age
- Are of Aboriginal or Torres Strait Islander origin
- Have a history of kidney injury

Over the next few months the nursing team at Shepparton Medical Centre will be screening our clients opportunistically for height and waist. The information will be available to your GP for further discussion with you.

Keeping Healthy

Physical activity and healthy eating improves the health of your kidneys and your heart.
Aim for a minimum 30 minutes, five days a week.
Aim to have your body weight in a normal range.

Smart Eating Week
12-18 February 2018

Shepparton Medical Centre
The University of Melbourne
49 Graham Street, Shepparton Victoria 3630 Australia
T: 03 5823 3100   F: 03 5831 7568   E: reception@shepmed.unimelb.edu.au   W: shepmed.unimelb.edu.au
Ovarian Cancer Awareness Month

Shepparton Medical Centre

The University of Melbourne
49 Graham Street, Shepparton Victoria 3630 Australia
PO Box 6500, Shepparton Victoria 3632 Australia
T: 03 5823 3100 F: 03 5831 7568 E: reception@shepmed.unimelb.edu.au W: shepmed.unimelb.edu.au

Fully Funded Immunisation for People who identify as living a Risky Lifestyle

Men Having Sex With Men, Gay, Bisexual and people who have injected drugs in the last 12 months
There are new immunisations, fully funded, for people in this category. This is a free catch-up opportunity only until the end of 2018.
Shepparton Medical Centre (SMC) offers a completely discreet opportunity to discuss these vaccinations.
SMC has appointed a Nurse Immuniser who will offer a specific service by appointment to coordinate this preventative health opportunity.
Please book your 30 minute appointment with Nurse Jan Wallace to discuss your vaccination schedule. This personal schedule will be communicated to your GP.
Vaccinations offered include
Hepatitis A
Meningococcal ACWY
Human Papilloma Virus
And in some cases Hepatitis B

SMC Car Park - Parking Fines

We would just like to let all of our patients know that the University of Melbourne will now be issuing car parking fines to people who aren’t visiting the Shepparton Medical Centre for an appointment.
For example, if you park in the car park and are visiting someone at the Goulburn Valley Hospital you will then potentially be issued with a parking fine.
If you have any questions please see one of our lovely receptionists.