



Vineyard
MEDICAL CENTRE
Your health is in our hands

Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,
Sunbury, 3429.
Ph: 9216 5600

Fax: 9216 5699



Farewell

We sadly say goodbye to our three wonderful registrars Dr Binari Wijesundara, Dr Kirsten Jensen and Dr Eleanor Tangas as they move on to their next rotation.

We thank you for everything you have done for our patients for the last 6 months. We wish you guys the best on your next adventure knowing that you will thrive wherever you go!

We hope to see you back here one day!

Their last day will be the 2nd of August

Farewell

We sadly bid farewell to our beautiful nurse Lauren. Lauren has been apart of VMC for many years. We are deeply saddened, but couldn't be prouder of Lauren to make this jump! Lauren, you have been a rock for this clinic, your loyalty, dedication, thoughtfulness and support of the years has shown through you and your work!

We wish you the world on this next exciting chapter!



COMING SOON....

Exciting news! Our annual fundraiser for The Kid's Cancer Project is just around the corner! Join us as we come together to make a difference in the lives of children battling cancer. Together, we can fund vital research and provide hope for a brighter future. Stay tuned for more details on how you can get involved and make an impact!

#KidsCancerProject #Fundraiser



Welcome

A big warm welcome to our four newest registrars who will commence working as of the 5th of August!

Dr Aadarsh Ram, Dr Thalia Ash, Dr Radya Kumar and Dr Rafal Hirmiz.

We're so excited to see the work that you will do here at VMC!



APPOINTMENT BOOKINGS

We are currently seeing an increase of families booking one app, when multiple family members need to be seen.

Please note that all family members must have an individual schedule appointment to see a doctor.

If you have multiple things to discuss with your gp, ensure you are booking appropriate appointment times.

This helps ensure everyone receives timely and efficient care.





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August Health Awareness

National Stroke Week is a dedicated time to shine a spotlight on stroke prevention, treatment, and recovery. It's a reminder to prioritize our brain health and learn about the signs and symptoms of strokes. By raising awareness and understanding, we can empower individuals to take action early and potentially save lives. Let's spread the word and make a positive impact in our communities.

#NationalStrokeWeek #StrokeAwareness

Make time for a health check:

1. High blood pressure
2. Type 2 diabetes
3. High Cholesterol
4. Atrial Fibrillation or irregular pulse

Take charge of your own health:

1. Stay active
2. Eat well
3. Quit smoking
4. Avoid alcohol
5. Avoid stress

Signs of stroke in men and women:

1. Numbness or weakness in the face, arm or leg, especially on one side of the body.
2. Confusion or trouble speaking or understanding speech.
3. Trouble seeing in one or both eyes
4. Trouble walking, dizziness, or problems with balance
5. Severe headache with no known cause.

PREVENTING STROKE



KEEP YOUR
BLOOD PRESSURE LOW



LOWER YOUR
CHOLESTEROL



EAT HEALTHY
FOODS



EXERCISE
REGULARLY



TREAT SLEEP
APNEA



MANAGE YOUR
DIABETES



DRINK IN
MODERATION



STOP
SMOKING



REDUCE STRESS
WHEN POSSIBLE



MAINTAIN A
HEALTHY WEIGHT



August
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STAFF PROFILE *Registrars*

A big warm welcome to our four newest registrars who will be commencing here as of the 5th of August! These registrars will be on rotation with us for the next 6 months.

Dr Thalia Ash, Dr Radya Kumar, Dr Aadarsh Ram and Dr Rafal Hirmiz.

Dr Thalia Ash will be working 3 days a week.

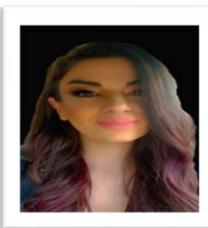
Dr Radya Kumar will be available Monday to Friday.



Dr Aadarsh Ram will be available Monday to Friday.



Dr Rafal Hirmiz will be working 2 days a week.



To book any appointments with the registrars, please call the clinic and our lovely receptionist will book you in or you can book online via HotDoc!



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Sarah's Kitchen

Super-easy Jelly Cookies

Ingredients:

- 250g Soften butter
- ¼ Cup Caster sugar
- 1 egg
- 2 ½ Cup plain flour
- 85g packet lime flavoured jelly Crystals
- 85g packet raspberry flavoured jelly Crystals
- 85g packet orange flavoured jelly Crystals
- ¼ Cup boiling water

Method

Step 1: using an electric mixer, beat butter and sugar until pale and creamy. Add egg. Beat until combined. Sift flour over butter mixture. Beat until combines. Divide dough into 3 equal portions.

Step 2: Place jelly crystals in 2 separate bowls. Working with one flavour at a time, add 1 tablespoon boiling water. Whisk to combine. (Crystals will not dissolve completely). Add 1 portion of dough. Stir with wooden spoon until well combined. Place on a sheet of plastic wrap. Using plastic wrap to avoid dough sticking to your fingers, shape into an 18cm long log. Repeat with remaining jelly crystals, boiling water and dough to make 3 logs. Freeze for 30 mins.

Step 3: Preheat oven to 180C fan forced. Line 3 large baking trays

Step 4: Remove 1 dough log from freezer. Slice log into 1cm thick rounds. Roll each round into a ball. Place balls, 3cm apart, on one of the trays. Press down slightly with palm of hand. Repeat with remaining dough. Bake for 12 mins or until lightly golden. Cool on tray for 5 mins. Serve!

