



Vineyard
MEDICAL CENTRE
Your health is in our hands

**SORRY, WE'RE
CLOSED**

Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,

Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699

Happy Mother's Day

Happy Mother's Day to all the amazing women who nurture, love and guide.

To the mums-to-be, the mums who stepped up, and those who may not have had the chance to hold their little one – your strength, compassion, and unwavering support makes the world a better and brighter place.

Thank you for the life advice, the late nights and being there for when we needed you most.

Today we celebrate you.



Farewell

We sadly bid farewell to Elise Heerde who will be finishing up with us on the 12th of May. We thank her for being a bright and wonderful member of the VMC team! Elise will still be consulting via telehealth for patients who wish to continue to consult with Elise.

Aviation

As of the 1st of May, Aviation fee will now increase to \$260 per patient.

Flu Vaccines!

It's that time of year again where we are running our flu clinics.

For our flu clinics, all adults and children can now book via online or calling up and speaking to our lovely receptionist.

People aged 6 months to less than 5 years, Aboriginal or Torres Strait Islander people aged 6 months or older, people aged 65 or over, pregnant women and patients aged 6 months or older, pregnant women and patients aged 6 months or older with medical conditions putting them at an increased risk of severe influenza and its complications are eligible for government funded flu vaccine.

Please be aware a \$15 fee applies to all other patients!

The clinic will close early on the 30th of May at 4:30pm.

We apologise for any inconvenience. For all or any emergencies, please call 13 Sick or 000.



Dr Joe Horvat and Dr Anna Proietto have made the difficult decision to close their books to new patients due to being at capacity.




May is Crohn's & Colitis Awareness Month


Did you know that over **100,000 Australians** live with Crohn's disease or ulcerative colitis? These chronic illnesses, collectively known as **Inflammatory Bowel Disease (IBD)**, can cause debilitating symptoms, including severe pain, fatigue, and digestive issues.

Why Awareness Matters

Many people suffer in silence due to the stigma around IBD. By raising awareness, we can create a more understanding and supportive community for those affected.

How You Can Help

-  Learn about Crohn's & Colitis
-  Support research and advocacy efforts
-  Show kindness and understanding to those living with IBD

This May, let's shine a light on these invisible illnesses and support those fighting every day. Share this post to spread awareness!  #CrohnsColitisAwareness #IBDAwareness #CrohnsDisease #UlcerativeColitis #StrongerTogether

For more info head to: <https://crohnsandcolitis.org.au/how-to-help/crohns-and-colitis-awareness-month/>



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

Women's Pelvic Health & Life Stages

Physiotherapy plays a vital role in supporting women's health, addressing a range of issues from pregnancy to menopause. Providing education and advice concerning

♥ Health and lifestyle changes

♥ Movement and exercise

♥ Management of different conditions & stages of a woman's life



Physiotherapy offers targeted treatments to

♥ Alleviate pain

♥ Enhance mobility, strength and control

♥ Improve quality of daily living



Whether managing women in sport, antenatal exercise, postnatal recovery, pelvic floor dysfunction, incontinence or osteoporosis, physiotherapy provides personalised strategies to help women maintain their health and wellbeing at every life stage.

VMC has two female Physiotherapists with further training and special interest in Women's Pelvic Health and Life Stages. Christine Jones & Jenny Piazza, can work in with you, your doctor and specialists, to assist you attain your optimal well-being.

Vestibular Physiotherapy – The Dizzy client

Physiotherapy plays a crucial role in effectively managing and treating vertigo, a common cause of dizziness. Christine has also just completed further training to use vestibular rehabilitation therapy, which includes exercises tailored to

♥ Improve balance, coordination, and reduce dizzy symptoms

♥ Retrains the brain to recognise and process signals from the inner ear, which is often the source of vertigo.

With personalised treatment plans, communication between yourself, the physiotherapist, doctor and specialist, patients can experience significant relief, regain confidence in their movement, ability to perform daily activities and enhance their overall quality of life.

For any appointment's, please call the clinic to book in with either Jenny Piazza or Christine Jones!



May 2025 Issue



Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,

Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699

STAFF PROFILE

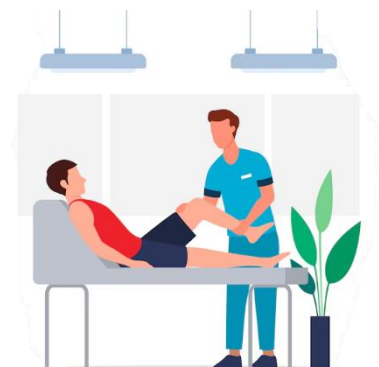
Stephanie Aalders

Stephanie is an Accredited Exercise Physiologist with over 12 years' experience across community health, hospital, and private practice settings. She specialises in the prevention and management of chronic diseases such as diabetes, heart disease, lung conditions, arthritis, and osteoporosis for adults and older adults, and has pioneered the development and implementation of Exercise Physiology Services within Community Health.

In addition to her Exercise Physiology qualification, Stephanie is a certified Health & Wellness Coach, integrating a holistic approach to health and lifestyle management into her practice. Her approach centres on recognizing and leveraging client's strengths to foster sustainable and meaningful lifestyle changes.

Stephanie is a passionate advocate for health education and regularly presents a community and workplace events, sharing her expertise and promoting health awareness. Her commitment to empowering individuals through tailored exercise programs and personalized coaching has earned her recognition as a trusted professional in the field of Exercise Physiology and Coaching for living well. Outside work, she enjoys hiking, outdoor activities, travel, and exploring new environments.

Stephanie works on Tuesday's.
To book an appointment call the clinic today!





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

Easter Colouring Competition

Congratulation to everyone who participated



We've got
many artistes
on our hands!

