



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



Bulk Billing Consent for Telehealth appointments

In the event your GP bulk bills you following a telehealth consultation, it is important to accept the bulk billing consent. Patients will automatically be sent a push notification, email or SMS requesting your consent, for all Telehealth appointments, including those booked via HotDoc or through our practice and if your invoice is billed to Medicare.

If you receive this email or SMS requesting consent, it is important you accept this. We cannot bulk bill you without consent, which means we will then have to send you an invoice privately billing you.

Once the patient has given consent, a PFD will be saved into your patient file.

If the patient has not given consent, we will resend a second push notification, email or SMS from 9am the next day. If you do not respond to this final request, we will be required to invoice you directly.

Cervical Screening

Are you due for your Cervical Screening Test?

Cervical cancer is one of the most preventable and treatable cancers, if found early.

If you're aged 25 to 74, a Cervical Screening Test every five years is the best way you can protect yourself against cervical cancer.

Preventing cervical cancer is in your hands.

Book in with one of our practitioners or nurses today!

Find out more on the cancerviv.org.au/cervical



ANZAC DAY
Lest We Forget

**The Clinic will be closed
April 25th for Anzac Day**

They grow not old as we that
are left grow old.

Age shall not weary them, nor
the years condemn.

At the going down of the sun
and in the morning.

We will remember them

Lest we forget





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**Vineyard
Dental Clinic**
Gentle & Exceptional Care

sigvaris

Sport Mouthguards

A sports mouthguard can protect you from some serious sporting injuries, such as broken jaws, fractured, cracked or knocked out teeth, cut lips and tongues. If you play a sport, you are at risk of injuring your teeth and mouth.

Many sports have risk of contact and therefore serious dental injury. These sorts of injuries are often difficult to treat, and often involve a lifetime of expense which can lead to a lifetime of dental treatment.

It is not only obvious contact sport like rugby union, rugby league, AFL, hockey and boxing can lead to these kinds of injuries.

Even sports such as cricket, basketball, netball, touch football, skateboarding and soccer, carry a risk of accidental collision, which can cause damage to the teeth and mouth.

Custom-made mouthguards created by your dentist are the most protective for the teeth and mouth as they are specially designed to fit the exact contours of your mouth. They are comfortable to wear and allow you to breathe and speak easily compared to the store-bought options.

Contact Vineyard Dental on 9740 2048



Nurse Ashleigh

Sigvaris specialises in medical compression stockings that improve venous function and heavy legs (great for those who are on their feet all day, pregnant, or travelling!)

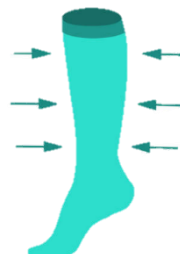
Sigvaris stockings relieve stasis, skin changes, and conditions such as varicose veins, spider veins, lymphoedema, lipoedema, deep vein thrombosis, and leg ulcers; and assist with recovery from vein procedures.

Nurse Ashleigh is able to order a range of products which includes different styles of stockings, sock, tights, pantyhose, sleeves, and wraps.

These are available in different materials, sizes and compression levels, allowing us to obtain the perfect product for you.

For all measurements and for compression garments, please book in with Nurse Ashleigh on either a Wednesday, Thursday or a Friday!

Any questions call the clinic and one of our lovely receptionists will help direct the call.





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STAFF PROFILE

Luke Jacques – Audiometrist



Luke has a Diploma in Hearing Device Prescription and Evaluation. A full member of the Hearing Aid Audiology Society (HAASA)

As a Audiometrist, Luke has 21 years' experience in helping patient with their hearing needs. Luke can provide full comprehensive hearing assessments, covering air, bone and speech audiometry as well as impedance audiometry.

Workplace hearing assessments, Prescribe and dispense hearing devices.

Service and maintain all makes and models of hearing devices.

Offer other listening devices (ALD)
Provide hearing rehabilitation advice, Luke is accredited with the Office of Hearing Services (OHS) to provide free hearing services to pensioners and he is a work safe accredited.

Luke can provide the option to trial hearing devices.

Call the clinic today to book your hearing consultation!



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Sarah's Kitchen

Milo and Coconut Ice Cream Slice

Ingredients:

1. 250g pkt shortbread biscuits
2. 50g unsalted butter, melted
3. ½ Cup milo
4. ¼ Cup shredded coconut
5. 1L Vanilla ice cream, softened
6. 50g dark or milk chocolate, melted, slightly cooled

Method

1. Grease and line your lamington pan with baking paper.
2. Place the shortbread biscuits in a processor and whiz until fine crumbs. If you don't have a processor, in a bowl crush up the biscuits until nice and fine. You can use the end of a rolling pin to do this. Add melted butter and combine well.
3. Press the crumb mixture into the lined pan and freeze for 30 minutes until very firm.
4. Place the Milo, shredded coconut and ice cream into a bowl, then mix well.
5. Spread over the biscuit base and smooth the top with a knife.
6. Using a spoon, drizzle the chocolate over the ice cream.
7. Place in the freezer for at least 4 hours or overnight until firm.
8. Cut into 8 squares and serve!
9. Enjoy!

