



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



Clinic Closed

The clinic will be closed on the 5th of November due to Melbourne Cup



FAREWELL

A big farewell to our lovely nurse Ashleigh, who will be finishing up with us in November.

Ashleigh has been part of the VMC team for over 8 years. She's dedicated, friendly, always up for a chat and someone we could lean on. Ash we're sad to see you go but so excited for this next chapter in Perth for you!

Christmas Door Comp!

VMC's elves are out and about. Teaming up, getting their crafty hats on and getting ready for our annual Christmas door competition!

You might be wondering why you might fit into this? We need your to help vote in which door you think is the best.

With last year being a great turn out, the heat is on for the team to make this year bigger and better. So, keep an eye out for our VMC elves running around, decorating, planning and sticking things up.

Come on in, on the 1st of December to see these magical doors.

Christmas Opening Hours

6.12 Friday	7am - 4pm
19.12 Thursday	closed 12-2pm
24.12 Christmas Eve	7am - 1pm
25.12 Christmas Day	closed
26.12 Boxing Day	closed
27.12 Friday	7am - 6pm
28.12 Saturday	8.30am - 1pm
30.12 Monday	7am - 6pm
31.12 New Year's Eve	7am - 1pm
1.01 New Year's Day	closed
2.01 Thursday	7am - 6pm

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On the 11th hour, of the 11th day, of the 11th month, a minute of silence will be held to remember our fallen soldiers.

Remembrance Day is a day to remember the sacrifices of Australians who patriotically served the country and protected it. They died for us, their families and for the country they believed in. Their sacrifices will not be in vain and will be remembered till the end.

In Flanders Fields – By John McCrae

In Flanders fields the poppies blow. Between the crosses, row on row, that mark our place; and in the sky. The larks, still bravely singing, fly scarce heard amid the guns below.

We are the dead. Short days ago

We lived, felt dawn, saw sunset glow, loved and were loved, and now we lie in Flanders fields.

Take up our quarrei with the foe. To you from failing hands we throw the torch; be yours to hold it high. If ye break faith with us who die. We shall not sleep, though poppies grow.

In Flanders Fields



In-House Radiology
Personal, Convenient, Affordable

A big warm welcome to In-House Radiology who will be working out of our rooms for all your ultrasound needs.

To book an appointment call 7302 1201.



Raise Awareness for Men's Health with Movember

Every November, men around the world grow out their moustaches in support of Movember, a global movement aimed at raising awareness for men's health issues. What began as a quirky idea in 2003 has grown into one of the most prominent global campaigns dedicated to improving men's health, addressing critical topics such as mental health, suicide prevention, prostate cancer, and testicular cancer.

Why Movember Matters?

Men face unique health challenges, many of which are often ignored due to societal expectations or lack of awareness. The Movember Foundation strives to change that by encouraging conversations about physical and mental health and funding research and support initiatives to improve men's well-being.

- **Mental Health & Suicide Prevention:** Suicide is a leading cause of death among men, with males accounting for three out of four suicides globally. The stigma around mental health often prevents men from seeking help, but Movember promotes open discussions, supporting early intervention and connection.
- **Prostate Cancer:** This is the second most common cancer in men. Movember helps fund cutting-edge research and provide information that empowers men to make informed health decisions.
- **Testicular Cancer:** Most commonly diagnosed in younger men, testicular cancer has high survival rate when caught early. Movember focuses on awareness, encouraging regular self-examinations and early detection.

How You Can Get Involved?

1. **Grow a Mo:** One of the most iconic ways to support Movember is by growing a moustache. It's a fun, visible way to raise awareness and start conversations about men's health.
2. **Move for Movember:** Not everyone can grow a moustache, but you can still make a difference by committing to physical challenges. The campaign encourages participants to walk or run 60km throughout the month, symbolizing the 60 men lost to suicide every hour across the globe.
3. **Host a Mo-Ment:** Organize a fundraiser or event in your community. Whether it's a casual gathering, sporting event, or a creative activity, these moments help raise both funds and awareness.
4. **Donate or Fundraise:** You can also support the movement by making donations or setting up a fundraising page. Every contribution helps fund life-saving research and support programs that are making a real impact.

The Power of Conversations: Movember is more than just a month of moustaches and fundraising; it's about changing the way we think about men's health. By encouraging men to check in on their physical and mental well-being and creating spaces where they can talk openly, we can save lives.

Start a Conversation This Movember: This Movember, challenge yourself and others to have important conversations about health. Whether you're growing a mo, moving for a cause, or hosting a Mo-ment, every action can make a difference. Let's work together to change the face of men's health -one conversation, one moustache, and one life at a time.



Visit the official Movember website to learn more and get involved!

<https://au.movember.com/>



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STAFF PROFILE

Rosemarie Michetti

Dr Rosemarie Michetti achieved her Bachelor and Masters degree in Osteopathy at Victorian University, as well as a Bachelor degree in Exercise Science. She has a strong interest in the effect pathological conditions have on the body biomechanically, and a growing interest in paediatrics and sports rehabilitation. She has a long background in sport including football umpiring for WRFL, swimming and athletics.

Rosie also received her level 1 in Watson Headache Technique.

What's this you might be wondering?

Watson Technique Identifies the role of the neck in headache and migraine by using a sequence of manual therapy techniques and innovative clinical reasoning, identifying and managing relevant neck disorders not that result chronic primary and secondary headaches and migraine disorders.

This is a manual (non-manipulative/cracking) cervical assessment and management approach. Essentially the approach is a method of examining the movements of, and managing the musculoskeletal misbehaviour of the top three spinal vertebra of the neck.

This treatment will require 4 sessions over 2 weeks.

For all your osteo needs call the clinic to book an appointment with Rosie!





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Sarah's Kitchen

Mocha Mud Cakes

Ingredients:

1. 3 Tbsp all purpose flour
2. 3 Tbsp sugar
3. 2 Tbsp coco powder
4. ¼ Tsp baking powder
5. ¼ Tsp kosher salt
6. 3 Tbsp milk
7. 2 Tbsp vegie oil
8. ¼ Tsp vanilla extract
9. 3 Tbsp chocolate chips

Method

1. Combine the flour, sugar, coco powder, instant espresso, baking powder and salt in a microwave safe mug. Stir well with a fork.
2. Add the milk, vegetable oil and vanilla and stir until smooth, making sure there are no lumps of flour or cocoa in the bottom of the mug.
3. Stir in the chocolate chips.
4. Microwave on high for 1 minute and 15 seconds to 1 minute 30 seconds, or until a toothpick inserted into the centre comes out clean. (make sure not to over cook it)
5. Let cool for 2 -3 minutes, then top with whipped cream!
6. Enjoy

