



DUBBO MEDICAL AND ALLIED HEALTH GROUP

Take me home!

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❄ JUNE 2019

Partners
Dr Vijay Pandya (GP)
Dr Sunil Jacob (GP)
Dr Sunita Agrawal (GP)
Dr Kate Green (GP)
Dr Matthew Rice (GP)
Dr Sanjay Sinha (Psychiatrist)
Mr Bharat Pandya (Chiro)

General Practitioners

Dr Vijay Pandya
Dr Sunil Jacob
Dr Sunita Agrawal
Dr Kate Green
Dr Matthew Rice
Dr Chowdhury Beg
Dr Haniff Abdullah
Dr Mary Howes
Dr Asha Jacob
Dr Seamus Barrett
Dr Manpreet Singh
Dr Kelly Bradley

Practice Staff

Practice Manager
Channi Udalgama

Admin Coordinator
Diana Rose

Reception Team Leader
Julie-Anne Anderson

Specialists Team Leader
Brooke Albert

Practice Nurses

Cathy, Sarah, Robin, Maria,
Isobel, Anna & Lauren

Reception Staff

Deepa, Isabeau, Petra,
Brianna, Simone, Penny,
Maddie, Leanne, Lisa, Nimra,
Fiona, Chelsea

Allied Health

Physiotherapist
Mrs Rajal Pandya

Chiropractor

Mr Bharat Pandya

Remedial Massage

Ms Natalie Auld

Occupational Therapy

Mr Roy Jorda

Podiatry

Mrs Rachell Haack

Clinical Social Worker

Mrs Hepzhi Victor

Dietitian & Diabetes Educator

Dr Madhuri Velagala

DMAHG Updates

- Welcome to DMAHG Nimra (reception) and Isobel (nurse). Please make them feel welcome.
- Farewell Sr Maria at the end of June
- Dr Kelly Bradley, Dr Manpreet Singh, Dr Seamus Barrett we will farewell at the end of July.
- We welcome Dr Nina Dowling back in August

Confidentiality at the Reception Desk

Protecting patient confidentiality is important to us. **Please do not crowd others around the reception desk.** We ask to protect confidentiality that you wait to be called forward by the receptionist. If you wish to discuss something in private please let the receptionist know and they will arrange a private room. If you don't feel comfortable discussing things with a receptionist please advise them that you would prefer to speak with a doctor or nurse.

NON-ATTENDANCE

Recent figures show that from January 1st 2019 - 14th June 2019 DMAHG has had a total of **2922 non attendances**. Please be considerate if you are not in need of an appointment and contact our reception staff to reschedule or cancel AS SOON AS POSSIBLE so the appointment can be offered to another patient.

Spotlight on....

Bharat Pandya
Principle Chiropractor

This year Bharat celebrates **40 years as a chiropractor!** and **5 years participating in the MS Sydney to the Gong ride - to fight MS.**



We sat down and asked him the following questions.

How did you know this was the right career for you?

Always knew i wanted to do something in health so when i looked into chiropractic it suited both from work and lifestyle perspectives.

What part of your job do you love the most?

Best part of the job are the patients and to see the benefit they get from the service.

What is your favourite technique and what techniques do you practice?

My favourite techniques are in order of preference-manipulation of spine, laser therapy and acupuncture.

Where did you study/qualifications?

I studied at RMIT in Melbourne at the Phillip Institute off campus at Bundoora Melbourne with a bachelor in Chiropractic and Applied Sciences with Honors.

What's the most valuable reward you've reaped from this job?

Most valuable reward is the recognition in the central west community and the respect of our patients and community.

What are the common conditions treated?

Low back and sciatica, neck pain and headaches, arthritis, childhood mechanical disorders etc.



Welcoming Dr Darweesh Al Khawaja a consultant neurosurgeon to DMAHG.

- Minimal invasive surgery
- Spinal tumours and complex spine surgery
- Neuronavigation assisted spinal and cranial surgery

Did you know we offering the following services...



Podiatry



Acupuncture



Cupping/Remedial Massage



Speak to reception for further details

Breastscreen NSW at Dubbo Health Service is open and appointments are available!

9 out of 10 women who develop breast cancer do not have a family history. For women aged 50-74 20 minutes every 2 years could save your life.

Psychology
Mr Srijan Sinha
Mrs Philippa Scott

Specialists
Psychiatrist
Dr Sanjay Sinha

Paediatrician
Dr Rajiv Agrawal

Visiting Specialists
Neurologists
Prof Simon Lewis
Dr Ruhaida Daud
Dr Judy Spies
Dr Leo Davies
Dr Candice Delcourt

*Cardiologists/Cardiac
Pacemaker Clinic*
Prof Mark McGuire
Dr Bill Petrellis
Dr Caroline Medi
Dr Drew Fitzpatrick
Dr Clyne Fernandes
Dr David Coulshed
Dr Hisham Hallani

Ophthalmologists
Dr Vivek Pandya
Dr John Chang

Oculoplastic Surgeon
Dr Angelo Tsirbas

Bariatric Surgeon
Dr James Chau

Orthopaedic Surgeon
Dr Andrew Ashton
Dr Anthony Smith
Dr Gregory Leslie

Respiratory
Acacia Sleep & Respiratory
Services
Dr Brendon Yee
Dr Nicole Roche

Rheumatologists
Dr Peter Johnson
Dr Stanley Seah

Spine Surgeon
Dr Anil Nair

Neurosurgeon
Dr Darweesh Al Khawaja

Bultje Street
Mon - Fri 8.30am - 6.00pm
Saturday 8.30am - 5.00pm

Delroy Park
Mon - Fri 8.30am - 5.30pm
Sunday 9.00am - 1.00pm

How to get your test results?

We share the responsibility to make sure your test results are acted upon if needed. Our nursing and reception staff will contact you if there is anything abnormal with the results, if you do not hear from us you can assume your results are normal. If you still wish to discuss your results you will need to book an appointment with the doctor. We do not give results over the phone by request. Please ensure your contact number is updated with reception.

Repeat Prescriptions

Please ensure you check to see when you are running out of your medication. In the interest of our patients health our doctors will not issue a prescription without an appointment.

If there is a personal agreement between yourself and the GP for reoccurring scripts and the GP is happy to do your scripts without a consultation there will be a \$20 fee.



Travel Vaccines

We are a registered Yellow Fever Centre. Planning well for a trip overseas is important.

If you require any vaccinations relating to foreign travel, please make an appointment with your GP to discuss your travel arrangements. It is important to make this initial appointment as early as possible as subsequent appointments may be required with the practice nurse to receive the vaccinations.

Travel vaccines incur a charge. Please ask reception for these details.

Be sure to have appropriate travel insurance that will cover all activities that you plan to undertake e.g. water sports etc

National Diabetes Week 13th - 20th July

National Diabetes Week is about tackling Australia's fastest growing chronic disease – type 2 diabetes. Around 1.7 million Australians currently live with diabetes and a further 275 Australians develop diabetes every day.

What is type 2 Diabetes?

If you have type 2 diabetes it means your pancreas is no longer producing enough insulin, or the insulin you are producing is not working effectively (your body has become resistant).

Type 2 diabetes is a chronic condition that develops over a period of years. As your body becomes resistant to insulin your pancreas will work harder and harder to produce more insulin so it can process the glucose in your bloodstream. Over time the cells in your pancreas can become worn out, while your body's resistance to insulin continues to grow.

This means that type 2 diabetes is a progressive condition. Over time you may need medication, and in some cases insulin, to manage your blood glucose levels.

What causes type 2 Diabetes?

There are a number of risk factors for type 2 diabetes including having family members with diabetes, your cultural background and leading an unhealthy lifestyle.

The symptoms of type 2 diabetes can take a very long time to appear, which means you could be living with it for a long time before you are diagnosed. It usually develops in people over the age of 45, although it is becoming increasingly common in younger people.

Regular physical activity, following a healthy eating plan and having regular health checks can help you reduce your risk of developing type 2 diabetes. If you have already been diagnosed, these measures can also help you to live well with diabetes and reduce the risk of developing complications.

If you'd like more information or guidance about living with type 2 diabetes, speak to a member of your diabetes healthcare team, contact the Diabetes NSW & ACT Helpline on 1300 342 238.

Staff Interview

Name: Channi Udalagama
Role: Practice Manager

What do you enjoy about your new job?
Learning about the health industry, the systems and human resource management. I enjoy the good flow in the work environment and when it's challenging.

What does a typical day look like for you and what are you working on at the moment?
I focus on how everything is going that day - the flow, prioritising work that needs to be done in the morning. I'm currently working on the employee handbook.

What are three words that best describe your job?
Organised, alert and accountable.

What's one song or artist you're embarrassed you like?
There's a few.. Back Street Boys, Britney Spears and Tupac

What is something people would be surprised to know about you?
I'm a good dancer HipHop/RNB

