



# DUBBO MEDICAL AND ALLIED HEALTH GROUP

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## JUNE 2018

### DMAHG News

- Welcome back from maternity leave Lauren, she will be working some Saturdays
- **Low stock of** 3-17 year Flu Vaccines
- Farewell to Nicholas Hurford (psychologist) at the end of the month.
- Welcome back Maddie to our reception team

#### Partners

Dr Vijay Pandya  
Dr Sunil Jacob  
Dr Sunita Agrawal  
Dr Kate Green  
Dr Matthew Rice  
Dr Sanjay Sinha  
Mr Bharat Pandya

#### General Practitioners

Dr Chowdhury Beg  
Dr David Lim  
Dr Haniff Abdullah  
Dr Mary Howes  
Dr Asha Jacob  
Dr Nisha Padmanabhan  
Dr Nina Dowling  
Dr Shamim Farooq  
Dr Kelly Bradley  
Dr Sonia Ferdous

#### Allied Health

*Physiotherapist*  
Mrs Rajal Pandya

*Chiropractor*  
Mr Bharat Pandya

*Remedial Massage*  
Ms Natalie Auld

*Occupational Therapy*  
Mr Roy Jorda

*Podiatry*  
Mrs Nicole Wright  
Mr Michael Duggan

*Psychology*  
Mr Srijan Sinha  
Mr Nicholas Hurford  
Mrs Philippa Scott

*Clinical Social Worker*  
Mrs Hepzhi Victor

*Dietitian & Diabetes  
Educator*  
Dr Madhuri Velagala

#### Practice Staff

*Practice Manager*  
Kirbi Hocking

*Reception Team Leaders*  
Julie-Anne Anderson  
Elenor Simpson

*Practice Nurses*  
Cathy, Sarah, Robin, Maria,  
Sarah & Jenny



### DMAHG Is Expanding



Dubbo Medical and Allied Health Group will be opening Specialist rooms at 183 Brisbane Street from July 2018.

We will have some new specialists join us as well as existing specialists. Some of our current staff will be moving around the corner but we will advise you all when you make appointments which clinic your appointment will be at. More information to come in next months newsletter. Stay tuned for some exciting changes.



### Did you know that we offer



Occupational Therapy



Skin Checks



Travel Vaccines  
Q fever, Yellow Fever

**Speak to reception for  
further details**



### ATSI Health Assessments

#### What is it?

The aim of this MBS health assessment item is to help ensure that Aboriginal and Torres Strait Islander people receive primary health care matched to their needs, by encouraging early detection, diagnosis and intervention for common and treatable conditions that cause morbidity and early mortality.

#### Who is eligible?

The MBS health assessment for Aboriginal and Torres Strait Islander people covers the full age spectrum, and should be used for health assessments for the following age groups:

- Aboriginal and Torres Strait Islander children who are less than 15 years old
- Aboriginal and Torres Strait Islander adults who are aged fifteen years and over but under the age of 55 years
- Aboriginal and Torres Strait Islander older people who are aged 55 years and over

#### What does the Health Assessment include?

information collection, including taking a patient history and undertaking examinations and investigations as required;  
making an overall assessment of the patient;  
recommending appropriate interventions;  
providing advice and information to the patient;  
keeping a record of the health assessment, and offering the patient a written report about the health assessment, with recommendations about matters covered by the health assessment; and  
offering the patient's carer (if any, and if the medical practitioner considers it appropriate and the patient agrees) a copy of the report or extracts of the report relevant to the carer.

Please see your general practitioner for further inquiries.

### Dubbo After Hours

Dubbo After Hours GP Clinic provides consultations by local GPs to patients who have an urgent non emergency medical condition and are unable to wait to see their regular GP during normal surgery hours. It is staffed by a GP, an RN and a receptionist. The After Hours GP Clinic is located at the Dubbo Base Hospital. It operates from 2pm until 6pm on Saturdays, Sundays and public holidays (excluding Christmas Day and Good Friday). The clinic offers bulk-billing and is a walk-in, you will need to bring a Medicare card. The clinic is not intended to replace the routine care provided by your local GP or substitute medical care in an emergency situation. In emergencies, please still call triple zero.

\* Please note DMAHG is open Saturdays and Sundays and have limited vacancies

**Reception Staff**  
 Brooke, Jess, Kirsty, Kristy,  
 Brenda, Julie, Deepa, Elenor,  
 Denielle, Isabeau, Petra,  
 Diana , Penny & Maddie

**Specialists**  
*Psychiatrist*  
 Dr Sanjay Sinha

*Paediatrician*  
 Dr Rajv Agrawal

**Visiting Specialists**  
*Neurologists*  
 Prof Simon Lewis  
 Dr Ruhaida Daud

*Cardiac Pacemaker Clinic*  
 Prof Mark McGuire  
 Dr Bill Petrellis  
 Dr Caroline Medi

*Ophthalmologist*  
 Dr Vivek Pandya  
 Dr John Chang  
 Dr Dov Hersh

*Bariatric Surgeon*  
 Dr James Chau



**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

Bowel Cancer Awareness Month

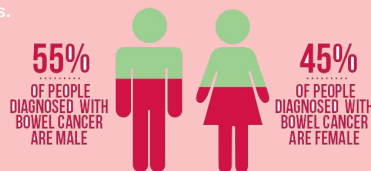
**20TH JUNE IS  
 RED APPLE DAY**



**HOME OF AUSTRALIA'S 2ND DEADLIEST CANCER**

**KNOW YOUR  
 FAMILY HISTORY**

Australia's second deadliest cancer, June is the month of Bowel Cancer Awareness. Bowel cancer claims the lives of over 80 Australians every week. Bowel Cancer Awareness Month has a positive message – saving lives through early detection – as bowel cancer is one of the most treatable types of cancer if found early. From the city to the country, from the home to the workplace, individuals, families, health professionals, schools and businesses help to spread the word. Bowel Cancer Awareness Champions donate their time, services and creativity.



**Blood in the bowel movement  
 Unexplained weightloss**

**Persistent change in bowel habit  
 Severe abdominal pain**

**DON'T SIT ON YOUR SYMPTOMS SEEK HELP FROM YOUR GP**  
 For more information visit <https://www.bowelcanceraustralia.org/>

### Lets Talk Sleep Apnoea }

#### What is Sleep Apnoea?

Sleep apnoea is a common sleep disorder characterised by abnormally low breathing or the lengthy pausing of breathing during sleep.

Each pause in breathing, called an apnoea, can last from a few seconds to a few minutes, and may occur between 5 to 30 times or more an hour. When an apnoea occurs, sleep is usually disrupted due to inadequate breath intake and poor oxygen levels in the blood which is detrimental to your health.

#### The symptoms of Sleep Apnoea include:

- Loud or frequent snoring
- Choking or gasping while you sleep
- Pauses in breathing
- Morning headaches
- Excessive daytime sleepiness
- Insomnia due to difficulty staying asleep
- Waking up with dry mouth or a sore throat
- Frequent need to urinate during the night
- Trouble concentrating
- Memory or learning problems
- Moodiness, irritability or depression

#### What to do if you think you may be suffering with Sleep Apnoea?

See your general practitioner. In the case that the doctor is concerned you are suffering from Sleep Apnoea your GP will refer you to 1 of 2 services that we offer here at DMAHG.

1. A Telehealth service where you will communicate via live video to Respiratory Physicians in Gosford.
2. National Clinical Services also known as Acacia Sleep, a family owned and run company who visit our rooms once a month. As part of their service they offer Home Diagnostic Sleep Studies, Oximetry's, Spirometry's, Blood Pressure Monitoring & Cardiac Holter Monitoring.

S K W O E L P A F G I D J U F  
 A T A T E N Z B G D E S T U E  
 Y R H W T S K I N C H E C K K  
 P O O E S T C J I M J S F K Z  
 X B R G R A M R K G I R B L S  
 U P O L N A Z J O E C U R T U  
 R N N C E D P E O L N N S G W  
 L O E V H D O Y B J D I P P J  
 A R T A Z W V S E J L D V J R  
 R O T C O D W D N A H Q Z X U  
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 C T K N K I E X N J U N E V X  
 X E D E V P W S O S S R X F A  
 M R U Y S X Z G R R V N X E C

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|-------------------------------------|--|--|
| BOWEL<br>CANCER<br>DELROY<br>DOCTOR | SKINCHECK<br>SPECIALISTS<br>THERAPY<br>VACCINE | FLU<br>JUNE<br>ONLINEBOOKING<br>NURSES |
|-------------------------------------|--|--|

### Did you know

Results are no longer given out over the phone. We will contact you if there are any abnormalities or concerns, however if you do not hear from us you can assume your results are normal.

If you wish to obtain a copy of your results you will need to make an appointment with your GP.



### Staff Interview

**Name:** Isabeau Vandermeer  
**Role:** Receptionist

**What do you enjoy most about working at DMAHG?**  
 I love working with all the friendly staff and I love interacting and having a friendly chat with patients.

**In your role what do you find you're best at?**  
 I am best at organisation and problem solving

**If you could choose another role at DMAHG, what would it be and why?**  
 I would choose practice manager as I love responsibility

**What song best describes your work ethic?**  
 "Under Pressure" by David Bowie

**Name a brand that represents you as a person**  
 Burberry