



DUBBO MEDICAL AND ALLIED HEALTH GROUP

42 Bultje Street
Shops 5, 6, 7 Baird Drive
T: 02.6815 9900
F: 02 6884 4176
E: contact@dmahg.com.au
W: www.dmahg.com.au



MARCH 2018

Partners

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

Chiropractors
Mr Bharat Pandya
Mr Edin Hoogesteger

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

Mrs Madhuri Vegejala

Practice Staff

Practice Manager

Kirbi Hocking

Reception Team Leaders

Julie-Anne Anderson

Elenor Simpson

Practice Nurses

*Cathy, Carmen, Lizzie, Robin,
Sarah & Jennie*

NEW FACES AT DMAHG

- This year DMAHG have welcomed to the team four new gp's Dr Nina Dowling, Dr Kelly Bradley, Dr Shamim Farooq and Dr Sonia Ferdous as well as a new Practice Manager Kirbi Hocking, two new receptionists Kirsty and Brenda and Robin and Sarah as part of our nursing team.
- Dr Vivek Pandya a new ophthalmologist visiting our rooms, please see your general practitioner for a referral or general inquiries to the Sydney rooms office 02) 9742 1433

SPREAD THE WORD NOT THE FLU!

Private flu vaccines have arrived however government flu vaccines won't be available until April. Private flu shots will be charged at \$22.00

To be eligible for a FREE government flu shot you must qualify for the following:

- all people aged 65 years and over
- all children aged 6 months to 5 years
- all Aboriginal and Torres Strait Islander people aged 15 years and over
- pregnant women
- people aged 6 months and over with medical conditions predisposing to severe influenza, please ask reception for further details



DID YOU KNOW THAT WE OFFER



Cold laser therapy



Remedial Massage



Acupuncture

**Speak to
reception for
more details**



**Accredited
General Practice**

Specialists
Psychiatrist
Dr Sanjay Sinha
Paediatrician
Dr Rajiv 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

BOOK ONLINE

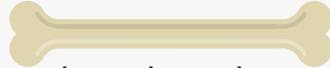
Visit

www.dmahg.com.au

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

LET'S TALK BONES!



Our nurses have been busy putting together a project to focus on bone health management and in particular Osteoporosis.

What is Osteoporosis?

Osteoporosis is a chronic condition caused when the bones' ability to rebuild worsens. Over time this makes bones thinner, weaker and more likely to break.

How can Osteoporosis be maintained?

Diet and calcium. Calcium is very important for both building and maintaining the bones but also for overall health. If your diet does not include enough calcium your body will withdraw calcium from the bones - speeding up the process of bone loss.

Action Plan:

Our nurses during an 'Osteoporosis Screening' will review diet, exercise, calcium intake, review bone health via a bone scan and overall good health practice.



PATIENT EDUCATION CORNER

Healthy Living

Each month a team or person is allocated to compile an information corner based on a medical topic that brings awareness

During the month of February DMAHG were busy competing in teams of reception, nurses, gp's and allied health in a walking challenge. The challenge was set that each person was to walk 10,000 steps a day to set an example of our 'healthy living education corner' both displayed at Bultje & Delroy. With the nurses strongly in front.

For the month of February Cathy, one of our nurses researched tips for healthy living reminding us all to drink water, eat clean, exercise, alcohol awareness and to be reading the nutrition labels on the food products we're consuming.

Be sure to check our next topic 'Influenza' coming soon

Staff Interview

Name: Carmen Harris
Role: Practice Nurse

How many years have you been with DMAHG & why did you become a nurse?
2 & a half years and because I like to care for and meet new people.

What part of nursing at DMAHG do you enjoy the most?
Ear syringes, love the satisfaction of getting the gunk out.

Most rewarding nursing experience at DMAHG?
A Project started by myself and Helen screening for Osteoporosis 'Reframe-OP Study', Bone Health Management.

Favourite and least favourite couple on MAFS? Favourite John and Mel although I don't think they'll make it, and least Dean and Tracey