



# 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](mailto:contact@dmahg.com.au)  
🌐 W: [www.dmahg.com.au](http://www.dmahg.com.au)

**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 Chowdhury Beg  
Dr David Lim  
Dr Haniff Abdullah  
Dr Mary Howes  
Dr Asha Jacob  
Dr Seamus Barrett  
Dr Manpreet Singh  
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

## Clinical Social Worker

Mrs Hepzhi Victor

## Dietitian & Diabetes Educator

Dr Madhuri Velagala

## Practice Staff

Practice Manager  
Kirbi Hocking

## Reception Team Leader

Julie-Anne Anderson

## Practice Nurses

Cathy, Sarah, Robin, Maria,  
Sarah & Lauren

## Reception Staff

Brooke, Kirsty, Kristy, Brenda,  
Julie, Deepa, Elenor, Isabeau,  
Petra, Diana, Penny, Maddie,  
Leanne, Nicola, Shannon &  
Michele

# \* \* \* OCTOBER 2018

## DMAHG News

- Farewell Elenor Simpson and Denielle Thompson
- From Wednesday the 10th of October Dental Prosthetist Leon Dobrinski will move across the road to the old Skillset building. Appointments can still be made by contacting 1300 134 408
- Welcome new Podiatrist Rachell Haack, she will be working from the Brisbane Street rooms on Wednesdays and Thursdays
- Welcome to our new receptionists Shannon, Nicola and Michele please make them feel welcome

## NON-ATTENDANCE

Recent figures show that from January 1st 2018 - October 29th 2018 DMAHG has had a total of **5675 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.

### Did you know?

Did you know that DMAHG receives hundreds of calls per day? To help streamline your inquiry please be sure to select the correct option. This will direct you to the person best suited to helping with your inquiry.

1. GP                      2. Allied Health                      3. Specialists

Alternatively you are able to book online by visiting  
[www.dmahg.com.au](http://www.dmahg.com.au)

## Patient Recognition

**Congratulations Nick Standish (86) patient of DMAHG since 2005 on being recognised as an Emeritus in July this year.**

"An exceptional man forged in exceptional times, Professor Nick Standish's life and career has been nothing short of remarkable. As he recounts in his 2017 memoir, *Survival and Success*, "there were so many near misses that I shouldn't be here". Professor Standish's life has been one marked by such extremes, sometimes tempered by luck, but more often driven by his own indomitable resourcefulness, ingenuity and commitment, that his survival through World War II, to his success at the frontiers of metallurgy come as no surprise."



If you missed the feature in  
Dubbo Photo News Page 3 in  
September

Be sure to read about it on  
<https://www.uow.edu.au/alumni/honorary/emeritus/UOW249708.html>

## Did you know that we offer



Podiatry



Acupuncture



Ophthalmology



**Speak to reception for  
further details**



## Support Bharat on his ride to fight MS

November the 4th Bharat Pandya (chiropractor) will be participating in an **82km** legendary ride from Sydney to Wollongong to raise funds for people living with multiple sclerosis.

### How to Donate



- Step 1: Jump onto <https://www.msgongride.org.au/>  
Step 2: Click on the blue 'Donation' button  
Step 3: Type in 'Bharat Pandya'

**Specialists**  
*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

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

*Oculoplastic Surgeon*  
Dr Angelo Tsirbas

*Bariatric Surgeon*  
Dr James Chau

*Orthopaedic Surgeon*  
Dr Andrew Ashton

*Acacia Sleep & Respiratory Services*

**Brisbane Street Specialists**  
*Psychiatrist*  
Dr Sanjay Sinha

*Psychology*  
Mr Srijan Sinha  
Mrs Philippa Scott

*Respiratory*  
Dr Brendon Yee  
Dr Garrick Don

*Cardiologists*  
Dr Raval  
Dr Fitzpatrick  
Dr Fernandes  
Dr Coulshed  
Dr Hallani

*Neurologists*  
Dr Spies  
Dr Davies  
Dr Delcourt

*Rheumatologists*  
Dr Johnson  
Dr Seah

*Orthopaedic*  
Dr Smith  
Dr Leslie

*Podiatry*  
Rachell Haack

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

Brisbane Street  
Tues - Fri 8.30am - 5.30pm  
Saturday By Appointment

# Important Health Dates for October



Each year in NSW, Mental Health Month is celebrated in the month of October.

The objective of the month is to encourage everybody to reflect on his or her mental health and happiness. Connecting to others is vital towards having a healthy mindset, research suggests that feeling connected, valued and loved by others give us a sense of belonging, security and support. Good relationships with others allow us to enjoy life and tackle any potential problems together as a collective group, supporting and encouraging each other.

1 in 5 Australians are affected by mental illness, yet many don't seek help because of stigma.

We can all do something to help shed a more positive light on mental health.



It's important that all women know what they can do to help find breast cancer early. Finding breast cancer early means there are more treatment options and the chances of survival are greatest.



What is it?

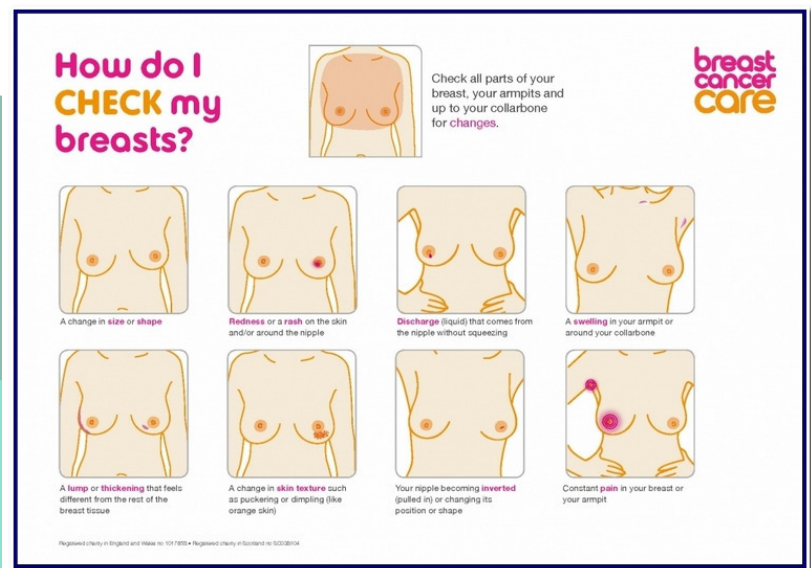
Shoctor 'Defib Awareness Month' is a national recognised program in October, to increase the awareness of Defibrillation for individuals and in the workplace.

Our heart functions using its own electrical current originating in two nodes within the walls of the heart.

There are many reasons that this circuit can malfunction and cause the heart to not pump blood around the body efficiently and in some cases this can be life threatening.

Defibrillation is part of the Cardiac Pulmonary Resuscitation (CPR) sequence. Defibrillation is providing an electric shock to the heart to restore the optimal heart rhythm and therefore, the efficient pumping of the heart.

See the next page for a copy of the DRSABCD resuscitation chart



## Staff Interview

Name: Natalie Auld  
Role: Remedial Massage Therapist

What made you decide you wanted to become a massage therapist?

I have always wanted to be able to help people and ease their worries and pain, becoming a massage therapist enabled me to do that and see the results immediately.

How long have you been doing massage?  
Coming up to 6 years now

If you could trade places with any other person for a week, famous or not, living or dead, real or fictional, with whom would it be?  
Portia De Rossi so I could spend a week hanging out with Ellen DeGeneres laughing till my sides hurt

How would you describe the colour yellow to someone who is blind?

I would ask them to direct their face towards the sun and feel the warm rays beaming onto their faces and to smile. That is what Yellow is





# BASIC LIFE SUPPORT FLOW CHART

Based on Australian Resuscitation Council guidelines for CPR released December 2010



**D**  
**DANGERS?**

Check for **DANGERS?**



**R**  
**RESPONSIVE?**

Check if **RESPONSIVE?**



**S**  
**SEND**

Send for **HELP**



**A**  
**AIRWAY**

Open **AIRWAY**



**B**  
**BREATHING?**

Check for normal  
**BREATHING?**



**C**  
**CPR**

Start **CPR**  
30 compressions: 2 breaths  
If unwilling or unable  
to perform rescue breaths  
continue chest compressions



**D**  
**DEFIBRILLATOR**

Attach  
**DEFIBRILLATOR (AED)**  
as soon as available  
and follow its prompts



Continue CPR until responsiveness or normal breathing returns

**CARDIAC Responder Ph 1300 37 2223**  
or **www.drsabcd.com**



**CARDIAC**  
**Responder**  
rescue systems

Copyright © 2011 CARDIAC Responder, Inc. All rights reserved.

**www.drsabcd.com**