



Your Health

Autumn 2010

JONES STREET MEDICAL PRACTICE

123 Jones Street
Wyoming VIC 3320
Telephone: 9123 4567
Facsimile: 9876 5432
Email: admin@jones.com.au

Jones Street is a fully accredited general practice. This practice was established in 1964. All the doctors are Vocationally Registered.

Dr James CRAFTER
MB BS, FRACGP

Dr Kathleen CRAFTER
MB BS (Hons)

Dr Jacob LEE
MB BS, DCH

Dr Sara SUNDRUM
MB BCh, FRACGP

Dr Mary STOKES
BM BS (Flinders Uni)

Dr Henry LEUNG
MB ChB, B Sc (Hons)

Dr Wayne DAVIDSON
MB BS (Hons), D Obst.RCOG, DCH

Dr Tass CONFOS
MB ChB, DCH

HOURS

The surgery is open:

Monday – Friday 8 am – 7 pm
Saturday 9 am – 12 noon
Sunday 10 am – 12 noon

APPOINTMENTS

Please ring 9123 4567 for an appointment. If you need more time with the doctor, please tell the receptionist when you make your booking.

Urgent medical problems will always be dealt with promptly.

Continued on back page

Flu vaccine now free for more people

Anyone at risk of serious health complications from the flu can now get free seasonal flu vaccine from their GP after the government recently extended the free flu vaccine program.

An additional 2.2 million Australians are now eligible for the free* vaccine, including:

- Those with chronic health conditions, e.g.
 - Heart disease
 - Lung conditions such as severe asthma, cystic fibrosis, COPD
 - Other chronic medical conditions such as diabetes, kidney failure, neurological conditions, low immunity and cancer
- Pregnant women
- Indigenous people from 15 – 49 years

Free vaccine will continue to be available to all people aged 65 years and over and indigenous people aged 50 years and over.

Those who are not eligible for free vaccine can purchase it with a private script.

The seasonal flu vaccine is recommended to anyone over 6 months of age who wishes to reduce the risk of catching the infection.

What about swine flu?

The seasonal flu vaccine for 2010 gives protection against 3 virus strains, including pandemic influenza H1N1 2009 (swine flu). It can be safely given to those who have already been vaccinated against swine flu.

Swine flu vaccine is free* and is recommended for all Australians from 6 months of age.

Safety of the flu vaccine

In spite of what many people think, flu vaccination is safe. Some people experience soreness and redness at the injection site or a mild fever for 1-2 days. There is an extremely low risk of an allergic reaction and serious complications are rare.

Flu vaccine does not contain live virus and **cannot give you the flu**. They can be given safely in pregnancy. However, you should not have it if you have a severe egg allergy.

* a consultation fee may be payable



Ask your GP if you are eligible for free flu vaccine

New 'intradermal' flu injection available

Healthy adults aged 18-59 now have the choice of the traditional intramuscular needle or the new intradermal micro-injection, which is given just beneath the surface of the skin.

It uses a tiny needle which is much shorter (1.5mm instead of 16mm) and narrower than the conventional needle. A smaller dose of flu vaccine is also required (0.1ml instead of 0.5ml).

The vaccine is as safe and effective as the conventional injection. Skin reactions (redness, swelling, pain, itch) are common but are usually mild and settle within 1-3 days.

The intradermal injection can be purchased with a private prescription. It is not available as part of the free seasonal flu vaccine program.

Influenza: www.fightflu.gov.au

Swine flu: www.healthemergency.gov.au

Inside this issue...



How to control comfort eating	2
Does acupuncture work?	2
Recipe: Roast tomato frittata	2
Win a copy of <i>Laughter is the Best Medicine</i>	3
Influenza shots for children	4
Is your child getting enough exercise?	4