



# Riverstone Family Medical Practice

July 2023 Update



*of our Dermaceutic Skincare Range!*



Our popular range of Dermaceutic Skincare products has now been discounted. We have limited stock available so, if you would like to take advantage of this special offer, place your order now!

We currently have available the following products:

- **Advanced Cleanser** - *Your new go-to daily cleanser!* - 150ml
- **C25 Cream** - *Antioxidant Concentrate* - 30ml
- **Activ Retinol 0.5** - *Age Defense Serum* - 30ml
- **Activ Retinol 1.0** - *Intense Age Defence Serum* - 30ml
- **Light Ceutic** - *Skin Toning Night Cream* - 40ml
- **K Ceutic** - *Post Treatment Cream* - 30ml
- **Derma Lift 5.0** - *Lifting Power Serum* - 30ml

For more information click on the following link: [Dermaceutic Skincare Sale](#)

## How to Treat your Respiratory Infection



Winter is a time when many **respiratory tract infections** are circulating. Most of these are viral infections such as influenza, respiratory syncytial virus (RSV) and common cold virus. Sometimes a bacterium such as pneumococcus is responsible or causes a secondary infection. (This occurs when the initial infection is a virus but then you also get a bacterial infection.)

**Respiratory tract viruses** usually enter the body through the nose and the body responds by producing fluid (mucus) to wash out the virus - i.e. you develop a runny nose. Sometimes the virus enters through the mouth and starts as a sore throat. There is tissue in the throat known as lymphoid tissue such as the tonsils that acts to fight the infection. Lastly the body tries to stop the infection from getting into the lungs and produces mucus in the airways and so you start coughing.

The body's defences outlined above are there to stop the infection invading into the lungs causing **bronchitis** or **pneumonia**; and into the blood stream which can cause a very serious infection known as **septicaemia** or **sepsis**.



The mucus that the body produces is usually clear but can become coloured from cream to yellow to green due to cells the body produces to fight off the infection and the infectious agent itself. A common misconception is that yellow or green mucus means bacterial infection that needs antibiotics, but this is not always the case.

For **respiratory infections** it is best to help the body's defences by using a **salt spray** for your runny nose and a **gargle** for your throat. Cough mixtures are only useful in very specific circumstances and you should speak to your GP if you are thinking of using a cough medicine. You can use simple **analgesics** such as **paracetamol** and other measures such as **lozenges** to help you feel better while your body is fighting off the infection.

Please do not try to dry up secretions by use of decongestants. This works against the body's attempt to wash away virus and dead cells from the surface membrane. You risk delaying healing and may end up with a prolonged troubling cough. Masking symptoms to soldier on risks passing the virus on to others which is potentially dangerous for more vulnerable people and very annoying for others.

**If you are concerned that you may have a bacterial infection you should see your GP.**

## Dr Kiran Shrestha General Practitioner

We are pleased to welcome **Dr Kiran** who has joined our team of General Practitioners.

**Dr Kiran** is interested in all aspects of General Practice with particular skills in skin cancer medicine and a special interest in geriatrics and management of chronic illness. He is keen to establish long-term relationships with his patients.

**Dr Kiran** speaks English, Nepali, Hindi (basic) and Chinese (basic). He will be available for consultations every Tuesday, Wednesday and Friday with one Saturday a month.



## Patient Registration

From 1 October 2023, patient registration will be available to all Australians with a **Medicare card** or **Department of Veterans Affairs (DVA) Veteran Card**. This is to encourage continuity of care which has been shown to lead to better health outcomes. Continuity of care refers to seeing the same doctor or a doctor in the same practice for all of your health care.



Ideally you should choose 1 doctor as your usual GP. This GP will take responsibility for your regular health care including vaccinations, health checks and preventative care. As these are planned visits you should book ahead with your usual GP for this care. While it is important for everyone to have a usual GP who knows them well, it is especially important if you have significant health care needs and/or are taking a number of medications.

If you have a need to see a doctor urgently and your usual GP is not available, other doctors in the same practice will have access to your medical records including your medication list. Furthermore, your usual GP will be able to read the notes from your visit so that they will know what has happened to you. Seeing multiple doctors at multiple practices can lead to missed diagnoses, failed opportunities for early intervention to prevent illness or prescription of medication that may not be compatible with your usual medication.

Patients will be able to register with a practice and their usual doctor. We will provide more information about patient registration in the coming weeks.

## Doctor's Leave

The following doctors will be on leave over the next month:

- Dr Michelle Crockett - 14 Jul to 23 Jul
- Dr Hannah Galvin - 24 Jul to 6 Aug
- Dr Aarti Ganapathi - 24 Jul to 27 Jul
- Dr Matthew Lam - 10 Jul to 13 Jul and 17 Jul to 28 Jul
- Dr Kim Loo - 14 Jul to 17 Jul and 7 Aug to 9 Aug
- Dr Sharon Muir - 6 Aug to 12 Aug
- Dr Hanaa Wanis - 19 Jul only

**Life** is like riding a bicycle.  
To keep your balance, you must  
**keep moving.**  
— Albert Einstein

