



Riverstone Family Medical Practice

September 2023 Update



Skin Check

Australia has the highest rate of melanoma and non-melanoma skin cancer in the world. **2 in 3 Australians will have a skin cancer during their lifetime.** Spring is the ideal time to have your skin check before the hotter months and increased sun exposure.

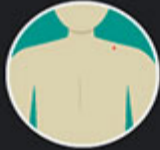
Everyone should monitor their skin for changes and make an appointment if they notice anything concerning. **See this link from the Cancer Council** for advice about how to check your skin and what to look for:

[Check for signs of skin cancer | Cancer Council](#)

HOW TO DO A SELF-EXAM?

Torso (Front)

Inspect your neck, chest and torso. Don't forget under your arms and your sides.



Arms & Hands

Inspect your arms, underarms and shoulders. Check your hands, between your fingers, and under your nails.



Head

Face a full-length mirror. Examine your entire face (lips, nose, sides of ears) and scalp.



Torso (Back)

Use two mirrors to check your back, shoulders, neck, and anything else not visible from the front.



Lower Body

Scan your legs (front and back). Check the tops and soles of your feet and between your toes. Be sure to check your private parts.



We recommend that some people have a **regular skin check with their doctor** including people who:

- have had a previous skin cancer or treatment of sunspots,
- are on immunosuppressive therapy such as methotrexate, prednisolone and biologic therapies,
- have a family history of melanoma,
- have had a lot of episodes of sunburn in the past,
- have fair skin, light coloured eyes and red or blond hair,
- have a large number of moles.

Please speak with your GP about your personal risk and need for a skin check. **Dr Melody Chiou and Dr Kiran Shrestha have a special interest in skin cancer medicine.**



Skin Check Clinics

Dr Kiran will be running a Skin Check clinic every Wednesday 9am-12:30pm from next week onwards. However, he is happy to see patients for Skin Checks any time/day on Tuesday, Wednesday and Friday each week.

No need to wait for months for your Skin Check!

See below the consultation cost for both concession card holders and private patients.

<i>Patients</i>	<i>Standard Consultation (out of pocket fee)</i>	<i>Standard Biopsy (out of pocket fee)</i>	<i>Skin Excisions (out of pocket fee)</i>
Concession Card Holders	\$0 (Bulk Billed)	\$30	\$150
Non-Concession Card Holders	\$40	\$50	\$150

My Medicare

From 1st October 2023 every Australian will be able to register with a general practice and nominate their GP. The aim of this program is to strengthen the relationship between patients, their general practice, general practitioner (GP) and primary care teams.

Patients who register will be able to access longer MBS-funded telephone consultations with their usual practice. We encourage all our patients to register with us as this will allow us to tailor services to improve the health of our patient population and **assists with continuity of care** (see below for more information).

We will be sending out more information about this in the coming weeks. There is some information available on the Australian Government website: [MyMedicare](https://www.my.gov.au/my-medicare)

A better way to manage your Medicare



CONTINUITY OF CARE



WHAT IS IT?

Research has shown that patients have better health outcomes if they attend the same Practice for all their health care. This allows your GP and your health team to get to know you and have all your medical information documented in your clinical notes. When your GP is away, we recommend that you see another GP at the same practice as your record will be available and your usual GP will have the notes from your visit.

We understand that sometimes you need to attend another Practice such as when you are away. **If you attend another Practice, please ask the doctor for a copy of your clinical notes and that copies of any tests ordered are sent directly to your usual doctor.** This improves continuity of care and allows us to continue to manage your health issues. Alternatively, you can ask for a copy of your visit to be sent to your usual GP by Healthlink* or uploaded to your My Health Record as an event summary. Your doctor can provide you with a letter asking for your information to be sent to RFMP.

*Healthlink is a secure messenger service that allows doctors in NSW to communicate electronically. **The Healthlink ID for RFMP is riverfmp.** Other states may have compatible electronic messenger services.

Doctor's Leave

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

- Dr Melody Chiouy - 26 Oct to 27 Oct
- Dr Michelle Crockett - 27 Sep to 15 Oct
- Dr Melissa Joseph - 22 Sep only, 29 Sep to 15 Oct, 26 Oct to 29 Oct
- Dr Kim Loo - 25 Oct to 27 Oct
- Dr Alison Ting - 30 Sep only, 20 Oct to 19 Nov
- Dr Hanaa Wanis - 16 Sep only, 4 Oct to 6 Oct

The Practice will be Closed on Labour Day, Monday, 2 October



Listening to parents' advice
is sort of like watching commercials.
You know what's coming, you've heard it all before,
it's a big bore, but you listen anyway.

Appointments can be booked online by visiting [Online Bookings](#)



Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm
For After Hours Care we recommend the national Home Doctor Service for home visits,
contact on 13 74 25 (13 SICK)

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