



Riverstone Family Medical Practice






January 2024 Update



New Cardiovascular Risk Calculator

The new Australian CV Risk Calculator has been released! This calculator will give a probability of experiencing a heart attack, stroke or vascular event in the next 5 years. It is used in people aged 45 to 79 years and Indigenous people aged 30 to 75 years, who have not had any cardiovascular events, to help guide risk management and recommend treatment.

Risk factors included in the calculator are **age, gender, smoking, blood pressure, cholesterol levels, diabetes, certain medications, post code and history of atrial fibrillation (AF)**. There are 3 risk categories: low (<10%), medium (10-15%) and high (>15%). Some people are already considered high risk, for example, if they have established kidney disease or a family history of familial hypercholesterolaemia.

 <p>CVD is largely preventable</p> <p>Modifiable CV risk factors account for 90% of risk myocardial infarction¹</p>	 <p>Modifiable CVD risk factors are well defined</p> <p>BP, lipids, diabetes, smoking, abdominal obesity, psychosocial factors, physical inactivity, diet, etc.^{1,2}</p>	 <p>Absolute CVD risk management most effective</p> <p>Potentially twice as many deaths from coronary heart disease prevented compared to single risk factor approach³</p>	 <p>Targeting therapy to highest risk groups creates greatest benefit</p> <p>Absolute risk reduction is greatest when BP and cholesterol treatment is targeted to patients with highest baseline risk²</p>	 <p>CVD risk calculators are essential</p> <p>Risk calculators are useful in guiding treatment and are more accurate than clinical judgement⁴</p>
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There are other factors that your doctor will take into consideration when evaluating your risk including ethnicity (Maori and Pacific Islander people as well as people from South Asia have a higher risk), a family history of heart disease at younger ages (a first degree relative who has had a heart attack or stroke, particularly if male aged <55 years).

Treatment is divided into recommendations about lifestyle factors and medications. Lifestyle advice will include adjustments to eating habits, improvements in exercise and activity, smoking, and alcohol consumption. Everyone will feel better for choosing a healthy lifestyle. Medications include treatments for high blood pressure and high cholesterol.

Re-evaluation of risk should be performed at regular intervals and will depend on risk level. For example, most people at intermediate risk should be rechecked in 2 years.

If you are in the age group above, please talk with your doctor about having a risk assessment.

Have You Registered for MyMedicare?

Our staff is available to provide assistance with the registration process if you find it unclear or encounter difficulties completing it online.

Feel free to approach any of our receptionists and they will be happy to fill out a form on your behalf and ask you to sign it. We will then take care of completing your MyMedicare registration from our end.

**To find out more about the benefits of MyMedicare, click [here!](#)
To find out how to register for MyMedicare, click [here!](#)**

Has it been a while since your last **SKIN CHECK?**



After enjoying the outdoors and sunshine this festive season, a **post-holiday skin check** is a great way to check on your skin's health.

Early detection during this time can be a precious gift to yourself - rule out serious spots to keep worries at bay and ensure your skin remains in top-notch condition.

The team at RFMP is here to make post-holiday skin checks easy and informative.

Give yourself and your loved ones this gentle reminder and **book your skin check for that extra peace of mind! Book you Skin Check online at**

[APPOINTMENTS](#)

Dr Melody Chiou and **Dr Kiran Shrestha** have a special interest in skin cancer medicine.

Doctor's Leave

The following doctors will be on leave over the next two months:

- Dr Ayesha Choudhury 17 Jan only, 31 Jan to 7 Feb
- Dr Hannah Galvin 22 Dec to 19 Jan
- Dr Melissa Joseph 20 Jan only
- Dr Larry Lam 18 Jan only
- Dr Alison Ting 29 Jan to 4 Feb
- Dr Anne Trang 28 Dec to 1 Feb
- Dr Bradley Verma 19 Jan only, 23 Jan to 2 Feb

*The Practice will be Closed on the following day:
Australia Day - Friday, 26 January, 2024
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)