



Riverstone Family Medical Practice

April 2024 Update

Book an Appointment



MyMedicare Registration



RFMP on Facebook



Whooping Cough Cases are Rising!

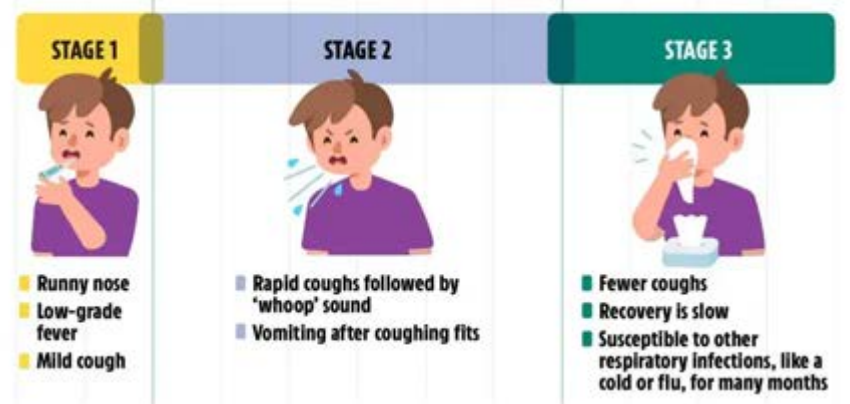
Whooping cough cases are on the rise in NSW, and we are predicting a large number of infections this winter. **Whooping cough** is caused by a bacterial infection and can cause serious illness in people of all ages.

The symptoms usually start with fever, runny nose and cough and progress to episodes of severe coughing that can last for 3 months. The illness can be particularly severe in babies who can have vomiting or the characteristic '**whooping**' sound when they breath in after a coughing fit. It can cause death in young babies.

How symptoms progress week by week

Weeks

0 1 2 3 4 5 6 7 8 9 10 11 12



Vaccination is available and recommended for everyone who has regular contact with babies as well as those who are susceptible to infection e.g. those with underlying respiratory illnesses or anyone who wants to protect themselves from **whooping cough**. Cases are treated with antibiotics to reduce infectivity although this does not usually reduce the duration of the cough.

For more information please see:

[Whooping cough \(Pertussis\) fact sheet - Fact sheets \(nsw.gov.au\)](#)

or talk to your nurse or GP about vaccination.



ADMIN TIP OF THE MONTH

Booking an Online Appointment?

- When booking an online appointment, always choose the appointment type from the left under doctor's name before selecting the time slot you want.
- Once the appointment type is selected, you will only be given the times suiting those appointment types (face to face, skin check, TH, etc.)

Announcing our "Have Your Say" Lucky Draw Winner!

We thank all those who participated in our "Have Your Say" survey and then entered our Easter lucky draw. Your responses and comments will be especially helpful when preparing articles for our future newsletters.

We are pleased to announce the winner of our lucky draw competition is **Lonica Maskell**.

Congratulations **Lonica**! We hope you enjoy your prize.



CLINICAL TIP OF THE MONTH

What happens when your Care Plan is completed?

- Once your care plan is completed, you will receive a call from our nurses to help you stay up to date with the plan.
- The call will happen at an agreed time and is very much about helping you achieve your health goals.
- Sometimes people can feel very overwhelmed with trying to address multiple tasks and doctors appointments. This call will be about helping you prioritise activities.

*A Message from
Dr Matthew Lam*



Due to an unexpected family illness, I have to reduce my working schedule to Tuesdays only starting immediately.

If you are unable to secure an appointment with me, please consult one of the registrars or any of the available doctors at the practice.

*Thanks
Matthew*

Doctor's Leave

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

- Dr Michelle Crockett 9 May to 11 May, 23 May to 14 Jun
- Dr Ayesha Choudhury..... 4 May only
- Dr Melissa Joseph 11 May only
- Dr Larry Lam 27 Apr only
- Dr Rumi Liyanagamage 9, 10 & 13 May only, 17 May to 2 Jun
- Dr Kim Loo 27 Apr to 8 May
- Dr Jacqueline Phan 4 Apr to 18 Apr, 20 Apr only
- Dr Kiran Shrestha 30 Apr only
- Dr Hanaa Wanis 24 May only
- Dr Karen Zheng 27 Apr only

The Practice will be Closed on the following days:

Anzac Day - Thursday, 25 April, 2024

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

"NO ONE IS BORN HATING ANOTHER PERSON BECAUSE OF THE COLOR OF HIS SKIN, OR HIS BACKGROUND, OR HIS RELIGION. PEOPLE MUST LEARN TO HATE, AND IF THEY CAN LEARN TO HATE, THEY CAN BE TAUGHT TO LOVE, FOR LOVE COMES MORE NATURALLY TO THE HUMAN HEART THAN ITS OPPOSITE."

NELSON MANDELA





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)