



Riverstone Family Medical Practice

April 2025 Update

Book an
Appointment



MyMedicare
Registration



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WINTER IS COMING



Protect yourself and your loved ones from viral infections

Did you know that latest [data from the Australian Bureau of Statistics](#) shows that in 2024, **2503 people DIED in Australia from covid, 310 from flu and 78 from RSV** (respiratory syncytial virus)?

Last year Australia recorded a total of 365,597 laboratory confirmed influenza cases a record number, with 46,325 cases to 31 March 2025. (That is only laboratory confirmed cases.)

Covid numbers so far this year have been similar to flu 46,734 cases as of 31 March. There were a total of 342,682 cases in Australia in 2024.

There have been 22,915 cases of RSV so far this year, with 175,921 in 2024

Vaccination is available for all of these infections so talk with your GP. You would not ride in a car without a seat belt so why go into winter without protecting yourself against serious infection?

Please see these links for more information:

- [Influenza Vaccination](#)
- [Covid Vaccination](#)
- [RSV Vaccination](#)



And if that is not enough ... **WHOOPIING COUGH AND MEASLES ARE AROUND**

So far this year there have been **9866 cases of whooping cough** (pertussis). In 2024 there were 57,158 cases nationwide.

And also **41 cases of measles** reported in Australia so far this year - already edging close to the national total for 2024 of 57 cases.

There is a vaccination for these infections as well so make sure that you are covered and that your vaccinations are up-to-date. **Protect yourself and those you love!**

See these links for more information:

- [Whooping Cough Vaccination](#)
- [Measles Vaccination](#)



When should you get your influenza vaccination?

Vaccination against influenza gives maximum protection for 3-4 months. After this immunity tends to reduce so timing of the vaccination is important to understand. Each year influenza is most prevalent at the end of winter and early spring but there is a considerable amount of influenza virus circulating early this year. There are 3 options for vaccination:

- **Have the vaccination soon to be covered for late autumn and early winter then have a booster** around July/August to cover you for the rest of the influenza season.
- **Have the vaccination soon but no booster** which means that you will not be as well covered at the end of the winter and through spring.
- **Delay vaccination till May or June** so you have maximum protection through winter and early spring. This leaves you without protection in late autumn into early spring.



There is no right or wrong, everyone should do what they believe is best for them. **If you want maximum protection against influenza, we recommend option 1.** If you are unsure please talk with your doctor or nurse. For more information about the vaccination see the [NCIRS FAQ's](#)

Please remember [influenza is a very serious illness](#). When more people are vaccinated, it leads to better protection for everyone as there are less susceptible people for the virus to infect. It is especially important to have your vaccination if you are a child, pregnant, elderly, have a chronic health condition or are taking immunosuppressive medications. Vaccination is free for at risk people. See the [influenza vaccination information](#) from Australian Government for more information.

MyMedicare Registration - A Friendly Reminder



We'd like to take a moment to remind all patients about the importance of registering with **MyMedicare**. As our practice is not a walk-in clinic, where patients can simply arrive and wait to see a doctor, we strive to ensure that our tenant doctors continue to provide consistent care to their current patients.

In order to do this, we need to know which patients are willing to stay with their regular doctor. This can only be done once you are registered with **MyMedicare** and have chosen a doctor from our list as your regular provider.

We strongly encourage you to register with **MyMedicare** and select your preferred doctor. Please note, this registration process is completely free of charge and helps ensure you receive the ongoing care and attention you deserve.

If you have any questions or need assistance with the registration process, our team is here to help.

Thank you once again for your continued support and trust in our practice.



From RFMP Team

Dear Valued Patients

We would like to extend our heartfelt gratitude for the feedback you have provided through the recent patient surveys. Your input is incredibly valuable and helps us continuously improve the care and services we provide.

Thank you for taking the time to share your thoughts with us!

Monthly Myth-Buster

April Myth: INFLUENZA VACCINE CAN GIVE YOU 'THE FLU'

- **Influenza** is not a live vaccine so cannot give you an infection. Your body responding to the vaccine can result in mild symptoms such as sore arm, fatigue, muscle aches or headaches but these are usually mild and do not last long.
- **Influenza vaccine** is given at a time when there are a lot of infections circulating so it makes sense that some people may get an infection co-incidentally at the time of or just following their vaccination.
- Similarly, if you ate a vegemite sandwich for lunch then drove your car just afterwards and had an accident, this does not mean that vegemite sandwiches cause car accidents. (Unless you were eating it in the car and not watching the road - then the cause is inattention while driving your car. This is not the fault of the sandwich).



Doctor's Leave

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

- Dr Kirby Campbell-Wood 3 to 11 May
- Dr Winnie Cheung 10 to 11 Apr
- Dr Ayesha Choudhury 5 Apr only, 23 Apr only
- Dr Michelle Crockett 27 Apr to 3 Jun
- Dr Melissa Joseph 22 Apr only, 10 May only
- Dr Lauryn Khoo 22 to 24 Apr, 15 to 25 May, 31 May only
- Dr Larry Lam 2 May only
- Dr Rumi Liyanagamage 5 Apr only, 10 to 16 Apr
- Dr Sharon Muir 7 to 14 Apr
- Dr Hanaa Wanis 23 Apr only

***The Practice will be closed for Easter, 18 to 21 April
and 25 April for Anzac Day***

**To deny people their
human rights is to
challenge their very
humanity.**

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)