



# Riverstone Family Medical Practice

May 2025 Update

Book an Appointment



MyMedicare Registration



RFMP on Facebook



## *Have you had a Heart Check recently?*



***A Heart Health Check with your GP will help you understand your risk of having a heart attack or stroke in the next 5 years and what you can do to prevent it.***

- **Cardiovascular disease is Australia's biggest killer.**
- One Australian has a **heart attack** or **stroke** every four minutes.
- As we get older, our risk of **heart conditions** and **heart disease** increases. Some **risk factors for heart disease** may also be silently increasing in the background, such as **high blood pressure** and **high cholesterol**.

### **Heart Week 5 to 11 May, 2025**

Now is the perfect time to understand your risk! Visit the [Heart Week website](#) for free tools and resources to improve your heart health.

**Heart Week** is Australia's national heart health awareness week held in May each year.

**Heart Week 2025** will take place from 5-11 May. It provides an opportunity for the Australian public and health professionals to start a conversation about heart health and take positive steps to reduce their heart disease risk.



**Heart  
Foundation**

Discover the Art of Subtle Rejuvenation with  
***Dr Hanaa Wanis***



Experience personalized aesthetic care with Dr. Hanaa Wanis, a proud member of the Australasian College of Aesthetic Medicine. Her philosophy centres on a minimalistic approach, enhancing your natural beauty without overstatement.

### **Our Services Include:**

- **Muscle Relaxant Injections:** Smooth out fine lines and wrinkles for a refreshed appearance.
- **Microneedling:** Stimulate collagen production to improve skin texture and tone.
- **Customized Skin Consultations:** Receive tailored topical regimens designed to meet your unique skin needs.





## ADMIN Tip of the Month

### Help Us Keep Things Running Smoothly ....

- **When booking an appointment**, whether online or via phone, please consider how much time you will need for your consultation and select an appointment type accordingly (short, standard, or long consult). This small step helps ensure that the doctor can manage their time effectively and that the day's schedule runs smoothly.
- **By selecting the correct appointment length**, you help reduce waiting times for everyone and ensure that the doctor has enough time to provide the best care possible for all patients.
- **We appreciate your cooperation in this matter** - it makes a big difference in keeping our practice efficient and timely.

## We Value Your Feedback!

Our team is currently undertaking a patient questionnaire and would be very grateful if you could spare a few minutes to provide your honest feedback regarding your care experience. We aim to use this feedback to better our care and service experience for all our patients.

If you recently had a consultation with one of our doctors, we'd very much appreciate your participation in this survey by clicking on this link - [RFMP Survey Link](#) - or scanning the QR Code in the image below.

Thank you for your time. If you have any questions please feel free to contact us via the details below.

**Please note:** The collection and analysis of this feedback is undertaken by external feedback organisation, CFEP Surveys. Our team will not know the identity of which patients provide feedback or whether you do or don't participate. All feedback will be entered directly into CFEP Surveys secure feedback system for analysis and in order to provide us with a summarised report of key findings. This survey is completely optional.

**Riverstone Family Medical Practice**

**WE VALUE YOUR FEEDBACK**

To better patient experience, enhance our service delivery and the care our patients receive, we're gathering patient feedback.

*Please note: your feedback will be anonymous and analysed by our external survey management company, CFEP Surveys.*

**CFEP SURVEYS** | Insights to support better care

Simply scan the QR code or use the web link to provide your feedback →

[cfep.net.au/KEG1m0](https://cfep.net.au/KEG1m0)

## 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 ..... 8 May only, 28 May only
- Dr Lekha Gupta ..... 3 May only, 14 May only
- Dr Michelle Crockett ..... 27 Apr to 3 Jun
- Dr Melissa Joseph ..... 10 May only
- Dr Lauryn Khoo ..... 8 May only, 15 to 25 May,
- Dr Lauryn Khoo ..... 31 May only
- Dr Matthew Lam ..... 13 to 14 May
- Dr Hanaa Wanis ..... 30 May only

**Don't forget to book your appointment in advance!**

*Sometimes you  
need to look at  
things from a  
different  
perspective*



**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)