



Riverstone Family Medical Practice

June 2025 Update

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Keep Your Heart Healthy ...

Heart Week **might be over but let's not** forget the importance of keeping "heart healthy".

Everyone over 30 years of age is entitled to a **Heart Health Check** with their GP. This includes assessing risk factors such as high blood pressure, high cholesterol or a family history of heart attacks or strokes, then providing a plan to address risk factors.

By making some positive lifestyle changes you can lower your risk of developing heart disease - here are some great tips that you can start incorporating into your daily life to help!



Speak with your GP - understanding your personal health history, family history and risk factors can give you the tools you need to make the right decisions to reduce your risk factors.

Welcome

We welcomed two new additions to our Allied Health Team during the month.

Hiral Shah - Physiotherapist

Hiral will be working on Monday and Thursday of each week.

Carmen Lei - Dietician

Carmen is available every Tuesday and one Saturday per month.

You can book an appointment on our website by clicking on the "Make a Booking" button or alternatively click on the link at the top of this newsletter.

The Fees for both Physio and Dietician are as follows:

Patients with an EPC referral (care plan):
Initial consult - \$90.35 (Medicare rebate \$60.35 with an EPC referral)
Follow up consults - \$80.35 (Medicare rebate 60.35 with an EPC referral)

Private patients without referrals:
Initial consult - \$90
Follow up consults - \$80



**Are Your
Vaccinations
Up-to-date?**

*To ensure you and your family
are protected, remember to
check your vaccination records
and ensure everyone is
up-to-date.*

*With winter coming
everyone should consider
protection against influenza,
COVID-19, RSV and other
vaccine preventable diseases.*

ADMIN
Tip of the Month

To ensure better continuity of care

- and clear responsibility for your health, it is now **mandatory for all patients to nominate a regular GP**. You may choose one **primary GP** and an optional **secondary GP**.
- This helps us provide more personalised, consistent care and timely follow-up. If your regular GP is unavailable, you can still see another doctor for **urgent appointments**.
- Please speak to reception to update your GP preference.

Monthly Myth-Buster

June Myth: YOU ONLY NEED TO SEE A DOCTOR WHEN YOU'RE SICK

- Regular check-ups help detect issues early and keep you healthier through preventive care.



Doctor's Leave

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

- Dr Lekha Gupta 18 Jun to 6 Jul
- Dr Melissa Joseph 6 to 7 Jun
- Dr Lauryn Khoo 27 May, 31 May, 14 June only
- Dr Matthew Lam 13 to 14 May
- Dr Kim Loo 10 May only
- Dr Lauryn Khoo 13 Jun only, 30 Jul to 11 Aug
- Dr Sharon Muir 16 to 23 Jun
- Dr Kiran Shrestha 4 Jun only
- Dr Hanaa Wanis 30 May only

The Practice will be closed for King's Birthday on 9 June



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)