



Riverstone Family Medical Practice

September 2025 Update

Book an
Appointment



MyMedicare
Registration



RFMP on
Facebook



Congratulations Dr Kim!

Dr Kim Loo has been awarded the **Australian Medical Association (AMA) 2025 Women in Medical Leadership Award** earlier this month.

The award is in recognition of **Dr Kim's** commitment to clinical excellence and compassion for all her patients along with her advocacy for climate action and social justice.

Dr Loo serves on the board of Doctors for the Environment Australia. She said more than 35 years working in general practice had made her acutely aware of the social, commercial and environmental factors affecting the lives of her patients.



Read more at: [Dedicated Doctors](#)

CLINICAL Tip of the Month

Allergy Season

- **Spring is here and so is allergy season.** If you suffer from allergies such as allergic rhinitis (hay fever) think about prevention.
- **Start your therapy early to prevent severe symptoms.** Where possible, avoid things that trigger your allergies.
- **For more information** see ASCIA or talk with your GP. **Or visit the website** [Allergic Rhinitis \(Hay Fever\)](#)

**Did you know we have allied health services
right here in the practice?**

Physiotherapy

Hiral Shah is a highly qualified and compassionate physiotherapist.

Her expertise includes conducting comprehensive assessments, developing personalized treatment plans, prescribing therapeutic exercises and managing pain effectively to promote faster and more sustainable recovery outcomes.



Dietician

Carmen Lei is an experienced Accredited Practising Dietitian with expertise in chronic disease management, weight management, women's health, paediatric nutrition and eating disorders.

She is highly skilled in rehabilitation nutrition, medical nutrition therapy and multidisciplinary collaboration, ensuring optimal patient outcomes.



You are eligible for **GP Chronic Condition Management Plan (GPCCMP)** if you have one or more chronic medical conditions that have been or are likely to be present for at least six months.

The **GPCCMP** is a collaborative, written plan prepared by your GP and nurse outlining your health goals, actions needed and other health providers involved in your care. The plan allows for **Medicare-subsidised referrals to Allied Health Services**, promoting coordinated and effective long-term care.

With a GPCCMP referral

Your Initial Consult: \$90 - Medicare Rebate: \$61.80

Follow-up Consults: \$80 - Medicare Rebate \$61.80

Private (No Referral)

Your Initial Consult: \$90

Follow-up Consults: \$80

Book your appointment today and take the next step in your health journey!

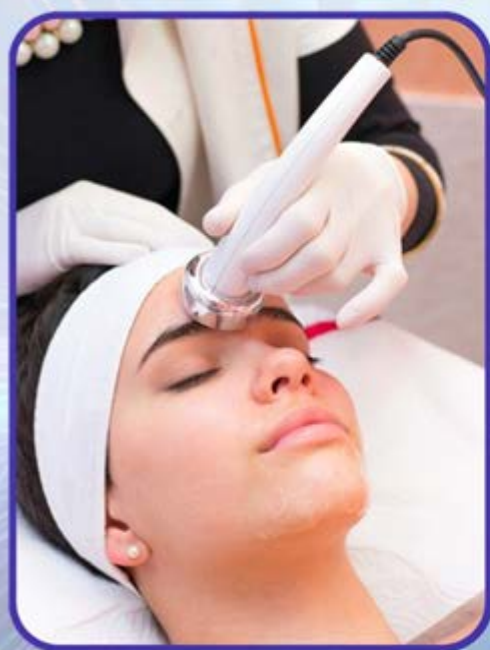
For more information about Managing Chronic Conditions see:
[*Management of Chronic Conditions*](#)

MONTHLY MYTH-BUSTER

September Myth: "If it's serious, it'll hurt!"

- Not all serious conditions cause pain. High blood pressure, high cholesterol and early-stage cancers (such as bowel and cervical) often show no symptoms.
- Ensure you have regular checks with your GP as early detection and treatment could save your life!

Microneedling with Dr Hanaa



Transform your skin this Winter with Microneedling!

Stimulate natural collagen production to smooth fine lines, reduce scars & create that enviable glow.

*3 Sessions for \$450
until November, 2025*

*Visit www.rfmp.com.au
to book your appointment*

ADMIN Tip of the Month

Friendly Reminder: Please See Reception After Your Appointment

Dear Valued Patients

To help us provide the best possible care and keep things running smoothly, we kindly ask that you visit our reception team after your appointment with the doctor.

This allows us to:

- **Book any necessary follow-up appointments** in advance
- **Settle your account** on the day
- **Reduce follow-up phone calls**, saving time for everyone.

We appreciate your support in helping our team stay focused on delivering excellent care. Thank you for your co-operation and understanding.

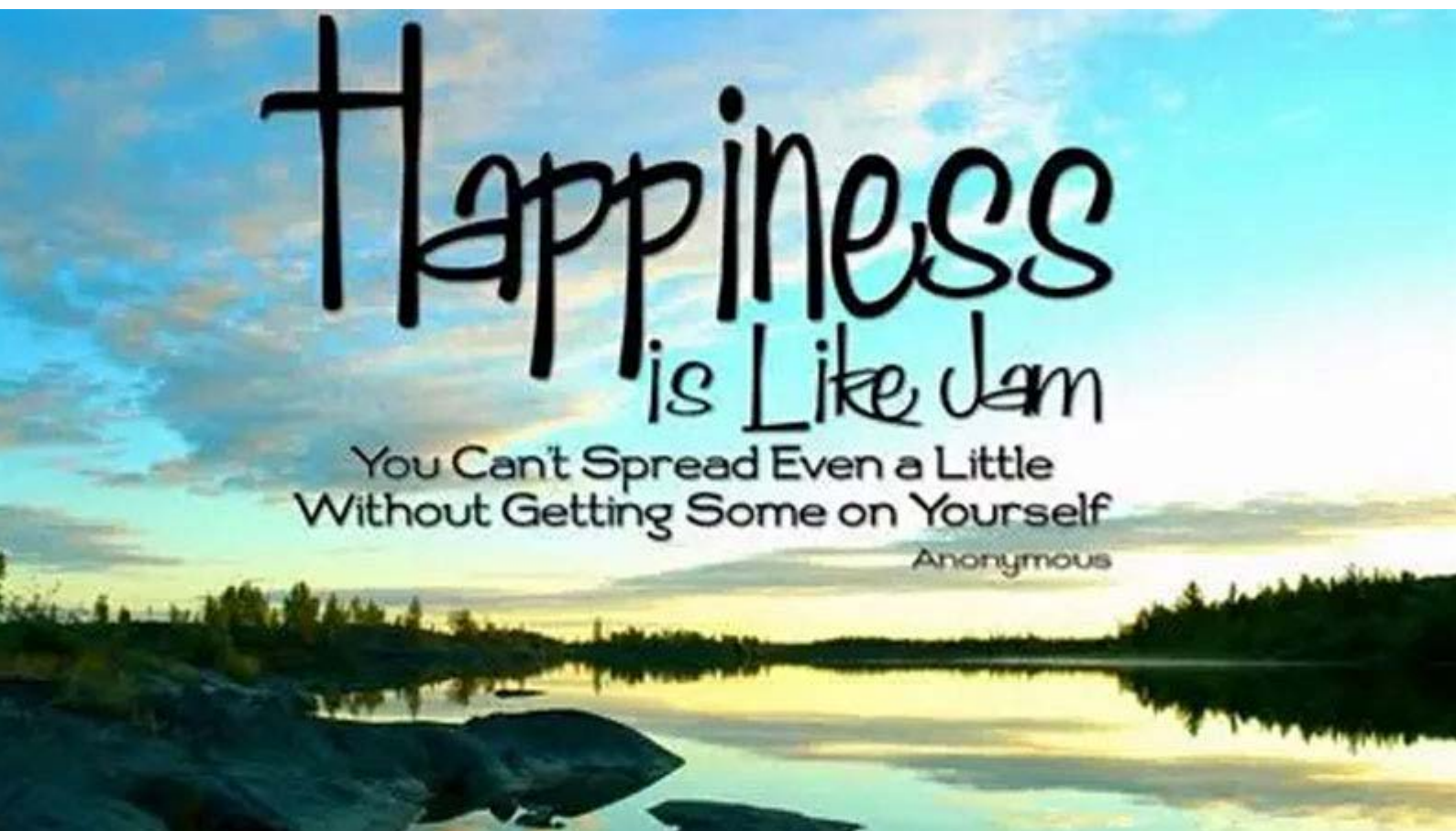


Doctor's Leave

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

- Dr Melissa Joseph 26 Sep to 10 Oct
- Dr Rumi Liyanagamage 16 Aug to 17 Sep
- Dr Kim Loo 5 Sep & 17 Sep
- Dr Sharon Muir 18 to 22 Sep, 23 Oct to 13 Dec
- Dr Kiran Shretha 29 Sep to 3 Oct
- Dr Lekha Gupta 15 Sep to 17 Sep

Appointments can be booked online by clicking on [Book an Appointment](#)



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)