



Riverstone Family Medical Practice

October 2025 Update

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*A Message
from the
RFMP Team*

Welcome!

We are delighted to welcome **Lisa Dawes**, our new Registered Nurse to our team.

Lisa works Monday to Friday, 9:30am to 5:30pm.

Please feel free to say Hello to her on your next visit and help us give her a warm welcome! 



ADMIN Tip of the Month

Contact Details

If you've changed your phone number or address, please let our reception team know so we can keep your records up-to-date.

MONTHLY MYTH-BUSTER

October Myth: "Drinking more water always means better hydration:

- **Truth:** While staying hydrated is important, drinking excessive amounts of water doesn't give you extra health benefits and in rare cases, it can even be harmful.
- The key is balance: most adults need around 2.5 litres a day, but your exact needs depend on your activity, diet, and the weather.
- Listening to your body's thirst cues is often the best guide.

CLINICAL Tip of the Month

Allergy Prevention

- Did you know that feeding the most common allergy causing foods to babies by 12 months of age **may prevent or reduce the chance of them developing food allergy?**
- **These foods include egg, peanut, cow's milk (dairy), tree nuts, soy, sesame, wheat, fish, and other seafood.** They can be started from around six months of age (not before four months), while continuing to breastfeed if possible.
- It is important to feed these foods to children regularly as part of a varied diet once they are introduced. **Not eating the foods regularly may result in food allergy development.** For more information see: [ASCIA Allergy Prevention](#)

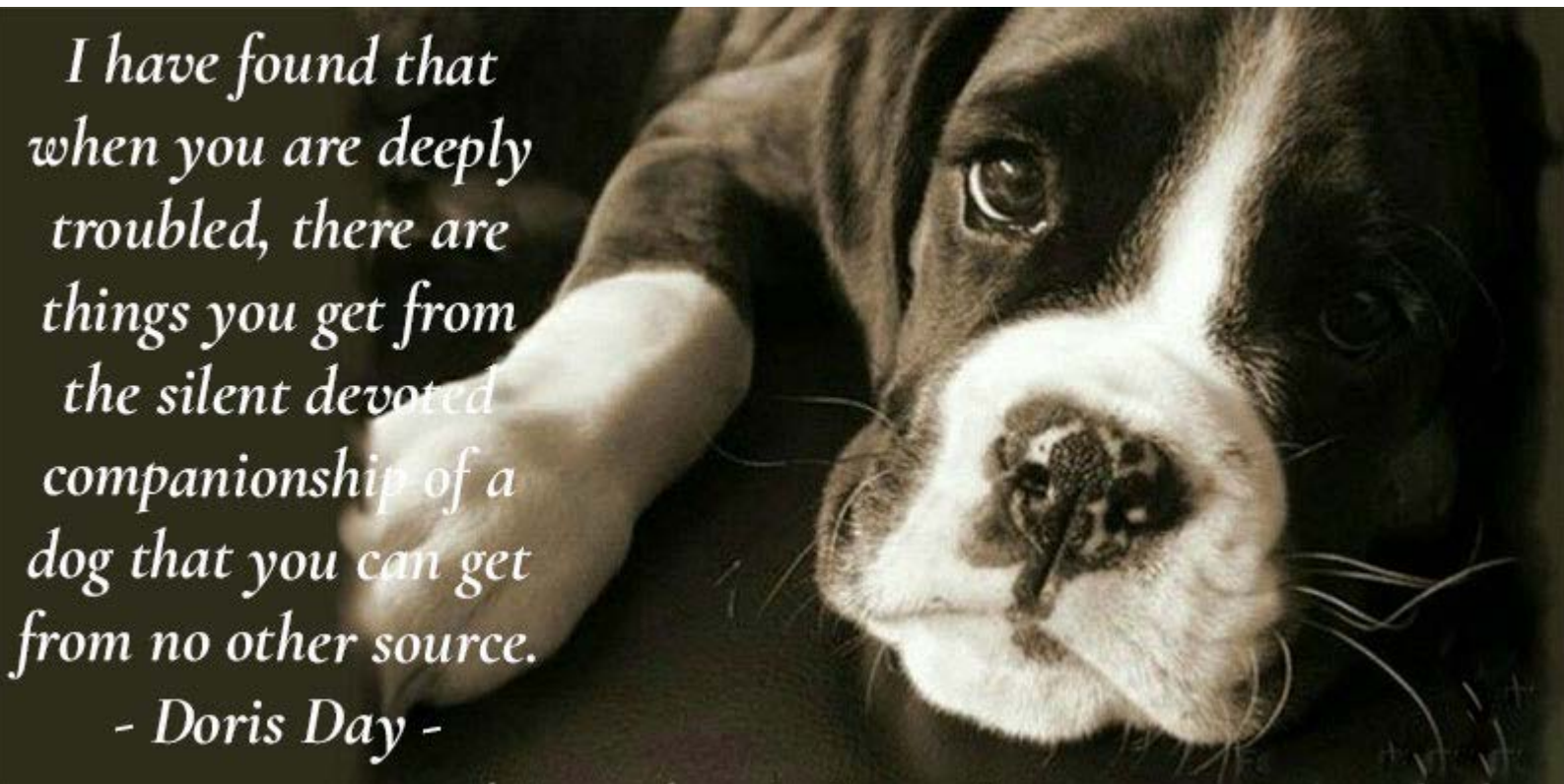


Doctor's Leave

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

- Dr Michelle Crockett 10 Nov only
- Dr Revathy Ganeshananthan . 4 Oct only
- Dr Melissa Joseph 26 Sep to 10 Oct, 28 Nov only
- Dr Jinneecka Klenka..... 1, 8, 11, 15, 22 Oct only
- Dr Matthew Lam 16 Oct only, 27 Oct to 2 Nov
- Dr Kim Loo 14 Nov to 21 Nov
- Dr Sharon Muir 23 Oct to 13 Dec
- Dr Kiran Shrestha 29 Sep to 3 Oct
- Hiral Shah 23 Oct to 13 Dec

The Practice will be closed on Labour Day, 6 October



*I have found that
when you are deeply
troubled, there are
things you get from
the silent devoted
companionship of a
dog that you can get
from no other source.
- Doris Day -*



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)