



Riverstone Family Medical Practice

June 2026 Update

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A Message from the RFMP Team

Urgent Care Visits and MyMedicare

If you need to visit another medical practice for urgent care when our practice is closed, please ensure that you are **not registered with that practice under MyMedicare**, unless you have decided to change your regular GP practice.

Remaining registered with our practice helps maintain continuity of care, allowing your regular GP to have a better understanding of your medical history, medications, and ongoing health needs.

If you do decide to transfer your ongoing care to another practice, please let us know. We can assist with transferring your medical records to your new GP if required.

Meet our Dietitian - Nikita Deo ...



Nikita Deo

Dietitian

We are pleased to reintroduce Nikita Deo, our Accredited Practising Dietitian.

Due to patient demand, Nikita has kindly allocated one Friday each month to see patients from our practice. She provides dietary advice and support for a range of health conditions, including diabetes, weight management, heart health, gastrointestinal concerns, and general healthy eating.

If you would like to consult with Nikita, please speak with your GP to discuss whether a referral is appropriate.

Patients who are eligible for an Enhanced Primary Care (EPC)/Chronic Disease Management Plan can see Nikita with no out-of-pocket costs (no gap fee). Please speak with your doctor to determine your eligibility and arrange a referral.

CLINICAL *Tip of the Month*

Cold & Flu Treatment

- To treat colds and flus use saline nasal spray or rinse for your runny or blocked nose, salt or betadine gargles for your sore throat, paracetamol or ibuprofen for your aches and pains.

- We recommend avoiding cold and flu preparations and cough mixtures (unless prescribed by your doctor). Antibiotics are not helpful as most colds and influenza are caused by viruses.



Doctor's Leave

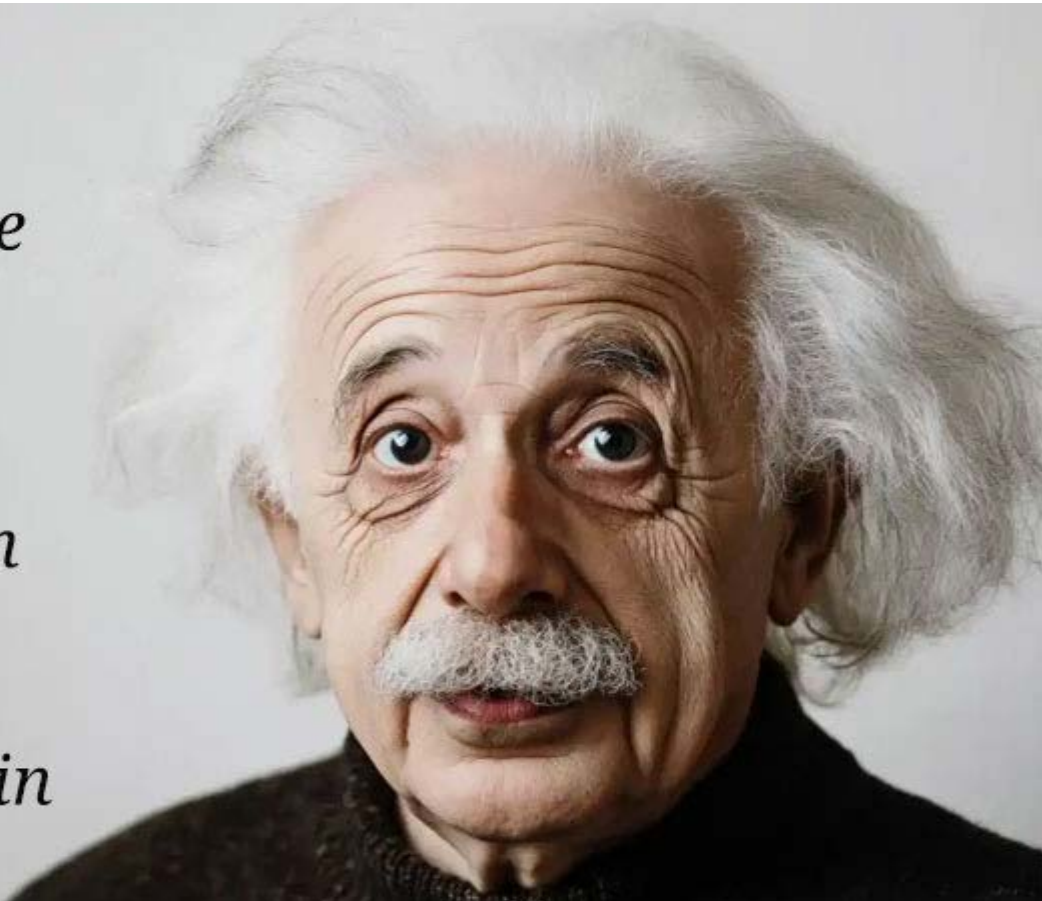
The following doctors will be on leave over the next two months:

- Dr Kirby Campbell-Wood 20 Jun only
- Dr Michelle Crockett 3 to 6 Jun
- Dr Revathy Ganeshanathan . 13 Jun to 4 Jul, 14 to 15 Jul
- Dr Lekha Gupta 15 Jun to 3 Jul
- Dr Melissa Joseph 5 to 6 Jun, 11 Jun only
- Dr Melissa Joseph 25 to 26 Jun, 26 Jul to 2 Aug
- Dr Matthew Lam 28 May to 17 Jun
- Dr Kim Loo 22 to 29 Jun
- Dr Sharon Muir 8 to 14 Jun

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

*“The only
reason for time
is so that
everything
doesn’t happen
at once.”*

- Albert Einstein



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)