

## In this issue

- Men's Health
- Skin checks
- On the day appointments
- Sick kids appointments
- Immunisation update
- Pain Explained free live online course
- Staff news







## Men's Health

For most men, a trip to the GP is only something they would consider when something is wrong, and even then, only if ignoring the problem for a few weeks hasn't made it go away!

Sometimes this comes from a worry that the GP will just tell them to stop doing all the stuff that they enjoy in life.

As we get older though, regular checkups become a helpful way for men to keep in prime physical condition and there are many ways WMP can help with this.

### Mental health

Are your family starting to call you a cranky old bugger? Do you wish everyone would just leave you alone?

Mental health problems often affect other things too, like relationships, work satisfaction, sexual performance, and overall energy levels. Chat to your GP about what's going on and they will be able to help.

### Skin

Yearly skin checks are a good way of picking up problems early, particularly if you spend a lot of time outdoors for work or recreation e.g. fishing and golf.

### Prostate cancer checks

Your GP can advise whether a simple blood test might be helpful in ruling out prostate cancer well before symptoms appear.

### Heart and BP checks

We offer a variety of health checks where the GP and nurse can do a full assessment and advise on simple things to keep your heart healthy, as well as picking up potential problems at an early stage.

Call reception now on (02) 4283 3433 to book in for a Men's Health Check up.



## Skin checks

Australia has one of the highest rates of skin cancer in the world, with two out of three Australians being diagnosed with skin cancer over their lifetime (according the Cancer Council).

Prevention is always better than cure; 95% of skin cancers are caused by exposure to UV radiation, so we should all protect our skin from UV damage all year round. Skin cancers can occur at any age, but are commoner as we get older.

If you would like to have your skin examined, please contact the practice and let us know you would like to book in for a skin check (or book via Hotdoc).

When you attend for your appointment, we would ask you to come free of make up or nail polish (moisturiser is fine). The GP will examine all your skin, from your scalp to your toes. We can treat most skin cancers detected in the practice.

The Woonona Medical Practice doctors

with a special interest in skin cancer are Dr Alyce Prior, Dr Rebecca Walker, Dr David Stewart and Dr Ella Cameron.

## On the day appointments

We have 'on the day' appointments available.

Call the practice from 7.30am Monday-Friday and from 9am Saturdays for an appointment or book online by visiting [woononamedical.com.au](http://woononamedical.com.au) or [Hotdoc](#).

## Sick kids appointments

In response to patient feedback, we aim to ensure sick children under the age of 16 can be seen by a doctor on the day.

Book online or if there are no available appointments please call reception on (02) 4283 3433 as early in the day as possible.



## Immunisation update

At your next routine visit or immunisation appointment, your nurse or doctor will review your immunisations and advise you on the recommended immunisations that you may be due to have now or soon. At Woonona Medical Practice, we are passionate about preventative medicine and we believe in timely vaccination at the practice with your usual GP overseeing your care to provide the best protection to you and your family.

### Older people

We continue with routine, funded vaccines for older patients including vaccination for shingles, pneumococcal disease, influenza, COVID-19.

Respiratory syncytial virus (RSV) vaccine is a recently added option for older people who are at risk. The vaccine is not government funded, those who would like to be protected can see their GP for a discussion, the vaccine costs around \$300.

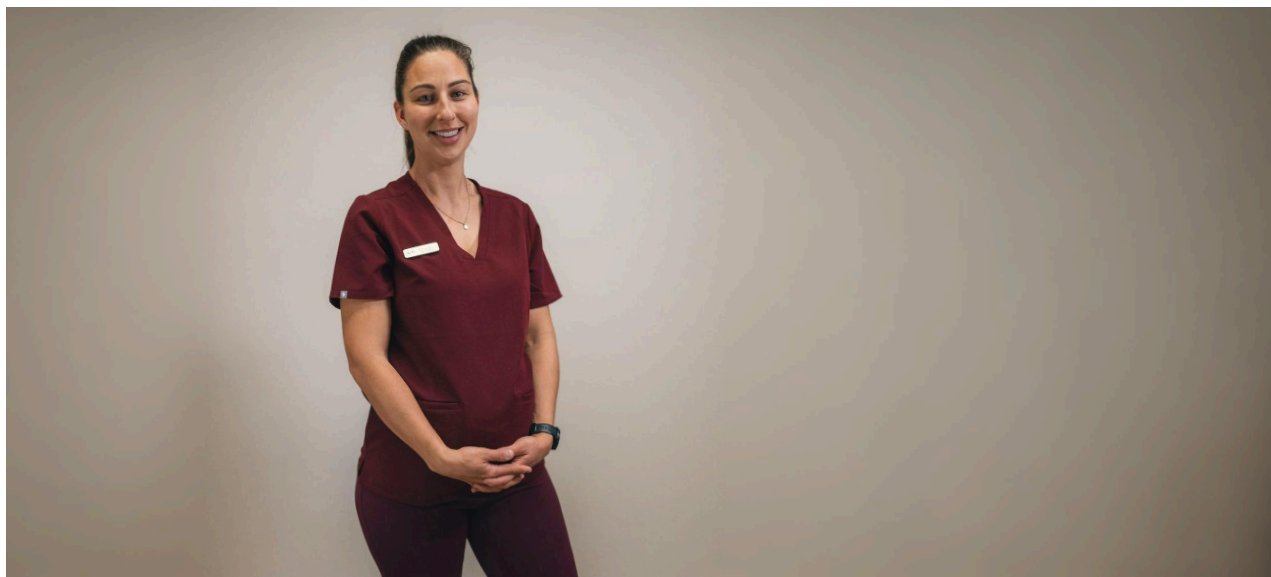
### Children and adolescents

From September 1st, the National Immunisation Program (NIP) will strengthen its program for prevention of pneumococcal disease. Prevenar 20 will replace Prevenar 13 for infants and children under 5 years of age, for Aboriginal and Torres Strait Islander infants and children under 5 years of age, and for children and adolescents with specified medical risk conditions. Pneumococcal disease can be serious and vaccination is the most effective way to prevent the disease.

### Maternal (Pregnancy)

Earlier this year, the National Immunisation Program (NIP) expanded the maternal vaccination program to include respiratory syncytial virus (RSV) vaccines. Like whooping cough and influenza, having RSV vaccine during pregnancy allows the transfer of maternal antibodies, so that baby has protection in their first months of life when they are most vulnerable.





## Staff news

We would like to wish Edwina (pictured above) all the very best as she begins her maternity leave in October.

We are so excited for her as she prepares to welcome her new little bundle of joy and start this next wonderful chapter.

On behalf of the team, we send our warmest congratulations and look forward to hearing updates when she is ready to share. Wishing you a safe, happy, and restful time with your new baby, Edwina.

## Pain Explained free live online course

Pain Explained is a free, live online course with Dr. Adele Stewart—GP of 30+ years, mindfulness teacher, Chair of the RACGP Pain group.

Run in conjunction with Grand Pacific Health, the course draws on the Explain Pain model by Lorimer Moseley and David Butler, showing that pain is not a direct measure of tissue damage but a protective response influenced by mind, body, and environment.

You'll gain practical tools to navigate the pain–fear cycle, explore the roles of thoughts, emotions, behaviours, and safety in shaping pain, and learn about neuroplasticity, nociplastic pain, and neuroimmune interactions in an accessible way. It's a paradigm shift that takes effort and openness, but can be deeply rewarding.

Suitable for adults over 18 with mild to moderate chronic pain living in South Eastern NSW.

To find out more, visit:

<https://adelestewartmbi.com/courses/pain-explained-live-online-course/>