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## Are you going to Bali?

Most of us have enjoyed a holiday in Bali. Indonesia is Australia's closest neighbour and some of us go so often it can feel like home. Sometimes that familiarity can be a problem, and we can forget that we need to take more care in a country that has different health risks to Wollongong.

Everyone has heard about Bali belly, but did you know that some immunisations to protect against food borne illnesses like Hepatitis A might be recommended for your trip?

Depending on your age and immunisation history, a measles vaccination may be indicated, as there is currently a measles outbreak worldwide.

Monkeys and dogs in Bali can be carriers of rabies, and depending on how long you spend there and your plans while you are there, rabies vaccination may be a good idea. There are also mosquito born illnesses like dengue and Japanese encephalitis to consider.

Travel advice would also vary depending on your own health and medical conditions.

We would recommend booking a travel consult before all overseas travel, even if your trip is "only to Bali".

When you attend for a travel consult, the doctor would spend time considering your medical history, your travel plans, previous immunisations and tailor travel advice to you.

We would also recommend you have travel insurance, and check [smarttraveller.gov.au](https://www.smarttraveller.gov.au) before departure.

Here at Woonona Medical Practice we love to travel, and are always happy to talk about your travel plans.

If you want a travel consult, please let reception know when you book.

## Staff news

School holidays are approaching and a few of our doctors will be taking leave during that period. Please ensure that you are up to date with your scripts and anything else you need.



Pictured: Dr Joe Kent, Dr Anna Power, Dr Christina Dargham, Dr Alyce Prior and Dr Bradley Jackson - Drs who have special interest in weight management.

## Weight management appointments

Concerned about your weight or would like to know more about weight loss medications?

Have a chat to your regular GP next visit to discuss if you would be eligible for our weight management program or book an appointment with one of our weight management doctors (pictured above) today.

Our weight management program aims to provide individualised and evidence based care focusing on dietary, exercise and medication options to help achieve your weight loss goals.

In addition to lifestyle changes weight loss medication can be helpful not only for weight loss but also for reducing cardiovascular risk, sleep apnoea, fatty liver disease and several other chronic medical conditions.

## COVID Testing

COVID is still around — it's just become less visible. Most people recover without too much trouble, but for some people the infection can lead to a rougher illness, flare-ups of existing health problems, or a longer recovery with fatigue and breathlessness.

The good news is that as you know, we now have very safe antiviral medications that can significantly reduce the risk of becoming seriously unwell — but they only work if taken early, ideally within the first few days of symptoms.

If you are at higher risk (for example age over 60, chronic medical conditions, immune suppression, pregnancy, significant obesity, or Aboriginal and Torres Strait Islander people over 30 with health risk factors), please test as soon as symptoms start and contact the practice straight away if positive. Antivirals don't necessarily make symptoms disappear overnight — their job is to lower the chance of complications, hospitalisation and prolonged recovery.

In short: COVID is more manageable now than it used to be, but only if we act early enough to help your body deal with it safely.

# 5 reasons to have your influenza vaccine at Woonona Medical Practice

## 1. Safe and comfortable

Our vaccination clinics are safe and comfortable, run by nurses, with our doctors overseeing each visit.

## 2. Available in nose spray

For the first time, intranasal vaccines (nose spray) are offered for free for children from two years to < 5 years and further availability to purchase for up to 17 year olds.

## 3. Free

We have government funded (free) vaccines for eligible people and vaccines for purchase for those outside these groups.

## 4. For everyone

It's recommended for everyone to have an influenza vaccine from as young as 6 months of age.

We have 2026 influenza vaccines available for babies, children, teenagers, adolescents, adults and the elderly.

## 5. Prepare for winter

Get ready for winter, a time where more influenza is spread.

Statistically, 2025 was the worst year for influenza cases. Protect yourself and your loved ones with an influenza vaccination.

