



WORKING TOGETHER
TO CARE FOR YOU



Summer Edition 2023-2024

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Sun protection tips

Shingles vaccines



Be Sun Smart

Hot tips to stay safe this summer!

Did you know?

Melanoma is the most common cancer diagnosed in young Australians aged 15-29 years! This accounts for 15% of all cancers within this age bracket.

Get your skin checked today! Book a GP visit to have your skin checked for new or changing skin spots!

Protect your skin!

Fortunately, being SunSmart is a simple and effective way to reduce your risk of developing skin cancer.

For best protection, we recommend a combination of these well-known sun protection measures:

Slip on sun-protective clothing that covers as much skin as possible.

Slop on broad spectrum, water resistant SPF30 (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

Slap on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.

Seek shade.

Slide on some sunglasses – make sure they meet Australian Standards.



IMPORTANT NOTICE

Please note that Mostyn Street Clinic will be closed on Monday 25th December, Tuesday 26th December 2023 and Monday 1st January 2024. Please dial 000 in the event of an emergency.

We wish you all a safe and relaxing Christmas! And remember:



Self-Care in Hot Weather

- drink plenty of water
- avoid alcohol and caffeine
- keep your living space as cool as possible - Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- Try to spend time during the day in a place that has air conditioning e.g: the library or a friend's home.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing.
- Avoid outdoor exercising and other outdoor physical activity. Try to find a cool indoors space to be active.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or to an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to: 

Shower, bathe, or sponge off with cool water. Lie down and rest.



MSC are now bulk billing children under 16 and pensioners and health care card holders. Please make sure your cards are up to date.

A Little Poem from Mostyn Street Clinic

When the bells of festivities do start a jingling,
One may get jolly or start a whinging
Mostyn Street Clinic wants you to know
For some there are highs and some there are lows, This
time is for caring and sharing the load,
For giving your love to those that you know
Whether you have a great time, or this time is a bother
Remember we're here, with plenty to offer
To give you some care and keep your head strong
Once all said and done, we will help you along
Enjoy your holidays and wishing you cheer

From Mostyn Street Clinic
Merry Christmas and a Happy New Year



Shingles Vaccine

Shingles, also known as herpes zoster, is caused by the varicella zoster virus, which is also responsible for chickenpox.

Anyone who has had chickenpox can develop shingles. It occurs because of a reactivation of the chickenpox virus, which remains in the nerve cells of the body after an attack of chickenpox.

About one in 3 people will get shingles in their lifetime!

Shingles usually affects older people. The risk of complications increases with age, particularly for those over the age of 65, Aboriginal and Torres Strait Islander people aged 50 and over, and some people with weakened immune systems.

The Australian Government provides free shingles vaccinations for the above groups.

Mostyn Street Clinic has the Shingrix vaccine available. Please note conditions apply.

