

WORKING TOGETHER TO CARE FOR YOU

Spring2023

Inside this issue

HAYFEVER SEASON

HEALTH ASSESSMENTS for people between 15 and 24 years of age

MYMEDICARE

HEALTHY KIDNEYS



DEALING WITH HAYFEVER

What is hay fever?

Also known as allergic rhinitis, hay fever is an allergic reaction to airborne particles, particularly pollen. The high levels of pollen seem ruthless from late spring to early summer. In saying this, many people experience episodes throughout the year. Dust mites, moulds and household pets are also common irritants.

Suggestions to reduce symptoms

Hay fever sufferers are urged to be aware of the daily pollen forecast and stay indoors during high pollen days if possible. A high pollen day is when there are 50 or more pollen grains per square metre of air.

Avoid activities known to cause exposure to pollen, such as mowing grass.

Shower after outdoor activities where exposure to pollen is high.

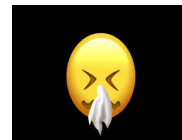
Use re-circulated air in the car when pollen levels are high.

Wear sunglasses (reduces amount of pollen that gets into eyes).

Dry bedding and clothing inside or in a tumble dryer.

Symptoms of hay fever include

- Runny nose
- Itchy nose
- Sneezing
- Itchy watery eyes



Managing your hayfever

There's a range of over-the-counter medications to help reduce hay fever symptoms. These include:

- steroid nasal sprays
- antihistamines
- eye drops
- decongestants
- your GP can also advise what prescription medications may suit you

Continue to Page 2

MYMEDICARE

You have probably heard of MYMedicare in the media. Our clinic has registered for this and from the 1st October 2023 patients can voluntarily register. From the 1st November, MYMedicare patients will have access to

greater continuity of care with their registered practice, improving health outcomes

- longer MBS-funded telephone calls (Levels C and D) with their usual general practice
- triple bulk billing incentive for longer MBS telehealth consultations (Levels C, D and E) for children under 16, pensioners, and concession card holders.

VERY IMPORTANT REMINDER

If you have had a phone consultation or an isolation appointment, you will receive a follow up call from the clinic on the same day for payment. If payment is not made on the day of service, an invoice will be sent to you and you will have to arrange your rebate through medicare. Please note that the fee of a consultation is determined by each individual doctor. Reception staff have no involvement in this decision. Thank you kindly.



**TEAM LEADER
RECEPTIONIST
Tasma Oude-Meilink**

We are very pleased to appoint Tasma as our Receptionist Team Leader. She is an enthusiastic, team member who thoroughly enjoys working at Mostyn Street Clinic and helping patients achieve their desired outcomes if possible. Tasma will be the first port of call if you have any queries. She will be working in collaboration with the Practice Manager, GPs and receptionists.

HEALTH KIDNEYS

Mostyn Street Clinic is proactively looking at patients that may have a risk for kidney disease. We will be sending a message via mobile phones to ask these patients to come in for a check. They will need to bring their first morning sample of urine and will be seen by the doctor and nurse. As you may be aware, kidneys play an important part in removing waste products and extra fluid from the blood and helps control your blood pressure.

We want to make sure that your kidneys are working at their maximum capacity for you. Please talk to one of the nurses if you have any questions.

HEALTH ASSESSMENTS FOR PEOPLE BETWEEN 15 AND 24 YEARS OF AGE

We are part of an initiative to conduct health assessment for people age between 15 and 24. It is an exciting program as many people in this age group miss out on receiving a thorough assessment.

You may be contacted by the clinic to be part of this initiative.



Mostyn Street Clinic supports the VOICE and constitutional recognition of the First Nations People as an important way to progress improved life and health outcomes for communities.

WHITE CHOCOLATE AND RASPBERRY CAKE

The one that comes to mind right away is the white chocolate and raspberry cake. Lou has made it for me quite a lot for birthday cakes and it is my favourite. -Maree

Ingredients:

- 1 pkt frozen raspberries
- 120g white chocolate, roughly chopped
- 185g butter
- 50g ground almonds
- 2-3 eggs
- 4-6 tblsp milk
- 1 tsp vanilla
- 1 1/2 cups caster sugar
- 1 1/2 cups SR flour (GF can be substituted)

Method:

1. Rub butter into dry ingredients (flour, ground almonds, and sugar)
2. Add milk and eggs, mix
3. Add chocolate and raspberries
4. Pour into 22cm spring form cake tin and bake for 1-1 1/2 at 180 C

(If your daughter has decided to be a vegan this cake is still delicious with vegan alternative for milk, chocolate, and eggs.

