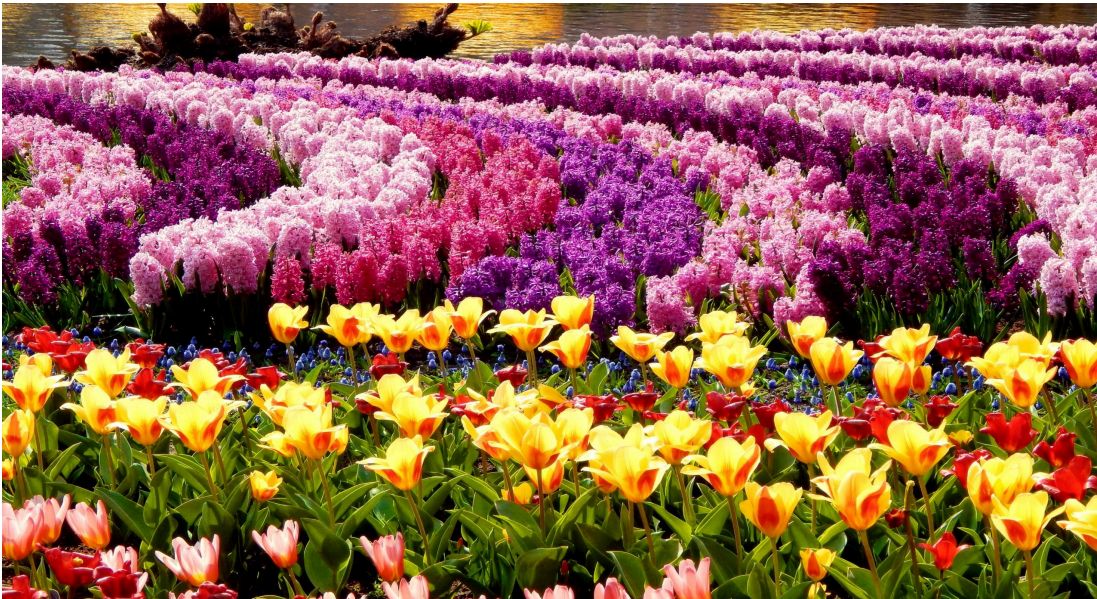


MOSTYN STREET CLINIC

NEWSLETTER



Spring is the time for seasonal allergies and asthma

For some people, hay-fever (which is common in spring) brings an increase in asthma symptoms, due to allergens like pollen, mould and dust. There is a correlation between seasonal rhinitis (sneezing, runny nose, itchy watery eyes) and asthma. If you are noticing an increase in symptoms such as wheezing, shortness of breath or coughing, or you are needing to use your asthma medication more, it is a good time to book a review of your asthma plan with your doctor.

October and November are the most common times for thunderstorm asthma, which occurs on high pollen days when moisture in the air and pollen can lead to symptoms for susceptible individuals. There is an app called "Melbourne Pollen Count" that can be checked to see the pollen counts on different days. Susceptible individuals may consider carrying a ventolin inhaler with them during this time of year, as discussed with a doctor.



MELBOURNE POLLEN
COUNT AND FORECAST

National Lung Cancer Screening Program

If you are aged 50–70 years old, are a current or recent ex-smoker (within last 10 years) and smoke/d an average of 30 cigarettes per day, you are eligible to enter the National Lung Cancer Screening Program.

This involves having at least 2-yearly low dose CT chest scans in an effort to pick up early-stage lung cancer, before becoming symptomatic. This improves the treatment options and prognosis as currently many lung cancers aren't caught until stage 3 or 4.

Make an appointment to chat to your GP today about getting signed up to the program. You will then be provided a referral form that can be used at several radiology providers in Bendigo (including Vision and High Street Radiology). Unfortunately, this scanning isn't offered in Castlemaine at this time.



Pneumococcal Vaccination Changes

Under the National Immunisation Program for children (NIP), the Prevenar vaccination currently given at 2, 4, and 12 months (and 6 months for those in at-risk populations) is changing from the 13 valent version to the 20 valent version. This simplifies the vaccine schedule and removes Pneumovax 23 from use in children.

The timing of the vaccinations for 2–12-month-old infants remains the same, and, if they have already had some Prevenar 13 doses, they will complete their course with Prevenar 20.

Children between 12 months and 18 years, with a specified medical risk condition, that have not already received 4 doses of pneumococcal vaccination should receive 1 dose of Prevenar 20. Adult vaccinations remain the same at the moment as Prevenar 20 is not yet approved in adults.



Please speak with your doctor, or our nursing team, for any immunisation questions



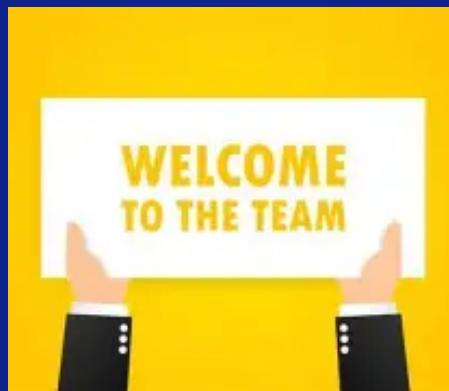
Booking appointments online

Mostyn Street Clinic utilises HotDoc, a user-friendly online booking platform designed to provide patients with a convenient and accessible way to manage their healthcare appointments.

By enabling online bookings, HotDocs empowers patients to take a more proactive role in managing their health and well-being.

This platform offers a step-by-step booking process, allowing you to easily select your preferred general practitioner, appointment type, date, and time — all from the convenience of your device at any time of the day.

Book online through our website
www.mostynstreetclinic.com.au



Anthony – Care Plan Physiotherapist

We are very happy to welcome Anthony to the MSC team. Anthony will be offering physiotherapy appointments to our existing patients under care plan arrangements only.

If you currently have a care plan in place, please speak with your care plan nurse to arrange a referral. Alternatively, please speak with your doctor to discuss care plan eligibility.

Laughter is always the best medicine!

Why do doctors always carry red pens?
In case they need to draw blood!

What did the banana say to the nurse?
Can you help me? I am not peeling well!

How does a receptionist answer a call when at the beach?
Shell-o, thank you for calling!

Mostyn Street Clinic

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