



Riverstone Family Medical Practice

May 2024 Update

[Book an Appointment](#)



[MyMedicare Registration](#)



[RFMP on Facebook](#)



Flu Vaccine Clinics are now available

Influenza season is here and vaccination is now available. We are running clinics to make the process fast and simple. Please call reception to book into a clinic or make an appointment with your doctor and have it as part of your consultation. All flu vaccine clinics are bulk-billed but we are unable to provide any other service in the clinic - just a fast jab and go!

Free influenza vaccine is available for the following groups who are at higher risk of complications from influenza:

- all Aboriginal and Torres Strait Islander people aged 6 months and over
- all children aged 6 months to less than 5 years of age
- all individuals aged 5 years and over with medical conditions that put them at higher risk (e.g. heart and lung disease, neurological conditions, diabetes)
- people who are immunocompromised due to disease or treatment (e.g. malignancy, transplantation and/or chronic steroid use)
- pregnant women (influenza vaccine can be given at any stage of pregnancy)
- people aged 65 years and over (a vaccine that is specifically designed to produce a higher immune response is available for this group).

If you do not qualify for a free vaccination the cost is \$17 per vaccine.

For more information on influenza and the vaccine see [NSW Health](#)

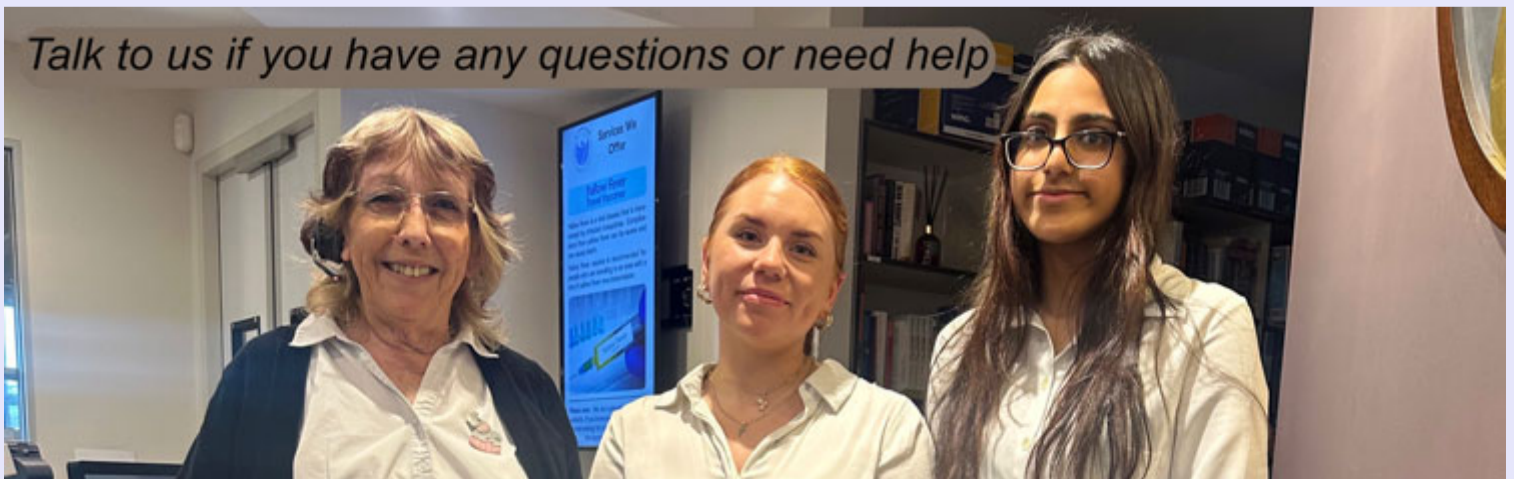


ADMIN TIP OF THE MONTH

[Did you know you can register for MyMedicare](#)

- [in your Medicare Online Account](#)
- [on your Express Plus Medicare Mobile App](#)
- by completing a form and we can do it for you! We can print out a pre-filled form for you to sign and then we can register you

Talk to us if you have any questions or need help



Ever wondered why you may get called into the treatment room before you see your Doctor?



At **RFMP** the **Nurses** are very much part of the health care team, and we work very closely with the GPs to help keep your files and data up to date.

This may mean updating your height and weight, checking your blood pressure, performing foot checks or updating you on recent changes to vaccine schedules.

We can also help arrange appointments or discuss things you may need help organizing.

The outcome of seeing the **Nurse** means things can be addressed saving time for the doctor so they can then focus on tasks that only your GP can do.

Besides, its also a great way for us to get to know you and you to know us.



CLINICAL TIP OF THE MONTH

Avoid putting anything smaller than your elbow in your ear!

- Ears are self cleaning (they have small hairs that beat rythically and move the wax out) so you only need to remove wax from your outer ear with a face washer or tissue.
- Do not use cotton buds or bobby pins in your ears as these can push the wax further in your ear and cause it to become impacted.
- This can also result in ear infections from trauma to the external ear canal.

*A Message from
Dr Aarti Ganapathi*



*I will be on
maternity leave soon so my
last day of face to face appointments
will be Thursday, 9 May, 2024. I plan to
return back to RFMP in early 2025. Please
make an appointment to discuss your care
going foward in my absence.*

*Many thanks
Dr Aarti*



**DOUGLASS HANLY MOIR
PATHOLOGY**

As from next week, Douglass Hanly Moir Pathology will be open each Saturday from 8:00am to 11:00am.

Doctor's Leave

The following doctors will be on leave over the next month:

- Dr Ayesha Choudhury..... 4 May & 24 May only
- Dr Michelle Crockett 9 May to 11 May, 27 May to 14 Jun
- Dr Hannah Galvin 10 May only
- Dr Melissa Joseph 11 May only, 7 Jun to 8 Jun, 22 Jun only
- Dr Rumi Liyanagamage 9 May to 13 May, 17 May to 2 Jun
- Dr Kim Loo 24 Jun to 28 Jun
- Dr Sharon Muir 14 Jun to 22 Jun
- Dr Hanaa Wanis 24 May only

The Practice will be Closed on the following day:

King's Birthday - Monday, 10 June, 2024

Appointments can be booked online by visiting [Online Bookings](#)

**FAILURE is not the
opposite of success
it's PART OF
SUCCESS**



Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm
For After Hours Care we recommend the national Home Doctor Service for home visits,
contact on 13 74 25 (13 SICK)