



Riverstone Family Medical Practice

August 2024 Update

Book an Appointment



MyMedicare Registration



RFMP on Facebook



Whooping Cough (Pertussis)

Whooping cough cases are on the rise in NSW and we are predicting a large number of infections this winter. **Whooping cough** is caused by a bacterial infection and can cause serious illness in people of all ages.

The symptoms usually start with fever, runny nose and cough and progress to episodes of severe coughing that can last for 3 months. The illness can be particularly severe in babies who can have vomiting or the characteristic 'whooping' sound when they breath in after a coughing fit. It can cause death in young babies.

Vaccination is available and recommended for everyone who has regular contact with babies as well as those who are susceptible to infection, e.g. those with underlying respiratory illnesses or anyone who wants to protect themselves from whooping cough. Cases are treated with antibiotics to reduce infectivity although this does not usually reduce the duration of the cough.

For more information please see:

[Whooping Cough \(Pertussis\) Fact Sheets \(nsw.gov.au\)](https://www.nsw.gov.au/whooping-cough-pertussis)

or talk to your nurse or GP about vaccination.



CLINICAL Tip of the Month

- If your doctor has recommended tests such as imaging or blood tests, we strongly advise you to schedule a follow-up appointment in advance with the same doctor to discuss the results.
- It is crucial to consult with the same doctor who ordered the tests for continuity of care.

Dermaceutic Skincare

Winter Sale

30% off all products while stocks last!

Dermaceutic offers the most advanced skincare products and treatments for the most natural results.

DMC316
Activ Retinol 1.0
Was \$149
NOW - \$104.30



DMC315
Activ Retinol 0.5
Was \$125
NOW - \$87.50

DMC319
Advanced Cleanser
Was \$79
NOW - \$55.30



DMC301
C25 Cream
Was \$120
NOW - \$84.00

DMC314
Derma Lift 5.0
Was \$138
NOW - \$96.60



DMC3051
K Ceutic
Was \$88
NOW - \$61.60

DMC3061
Light Ceutic
Was \$98
NOW - \$68.60



Dermaceutic is a French brand founded in 2002. Since then the brand has established itself as a global leader in the cosmeceutical industry. Dermaceutic continue to provide the best scientific expertise to strengthen and support the skin's natural abilities, placing a strong emphasis and belief that science is the skin's natural ally.

[Click here to find out more about these remarkable products.](#)

To take advantage of this special offer, see below for your ordering options:

1. [Complete the order form](#) by clicking this link and one of our staff will contact you to confirm order details.
2. Phone the [Riverstone Family Medical Practice on \(02\) 9627 6000](#) to place your order.
3. [Send an email to info@rfmp.com.au](#) with details of which products you would like and one of our staff will contact you to confirm your order. Don't forget to include your full name and phone number.

Welcome to our team!

Dr Lize Harrison - GP Registrar

Lize is working towards fellowship in General Practice through the Royal Australian College of General Practitioners. She attained her medical degree from Western Sydney University, and has worked at Northern Beaches and Hornsby hospitals along with the Children's Hospital at Westmead. She has also worked in GP practices in the Northern Beaches and Lower Mountains areas.

Lize has completed further training in paediatrics through the Sydney Child Health Program. She enjoys all areas of general practice, and has special interests in paediatrics, preventative medicine, and women's health. In her spare time, Lize enjoys baking and spending time with her young family.



Dr Winnie Cheung - GP Registrar

Dr Winnie Cheung graduated from UNSW in 2020 with Class I Honours and worked for three years in tertiary hospitals like Royal Prince Alfred Hospital and Children's Hospital at Westmead, as well as smaller regional hospitals in Mudgee and Hornsby. This provided experience in paediatric emergency, obstetrics/gynaecology, dermatology, endocrinology, emergency medicine and a range of inpatient medical and surgical specialties.

She enjoys all aspects of General Practice, particularly the privilege of providing holistic care for patients over time. Her special interests include paediatrics, women's health, dermatology and minor skin procedures.

Dr Karen Zheng and Dr Hannah Galvin have now completed their training with us and will be moving to different practices to continue their training. We wish them all the best for their future careers.

MEDICAL Tip of the Month

Appropriate treatments for respiratory tract infections:

- Saline nasal spray for your runny nose - helps flush out the infection
- Gargles such as salt water or betadine gargle for your sore throat
- Panadol or Nurofen for aches and pains
- Rest and drink plenty of fluids
- Steam +/- eucalyptus or Vicks inhalations - but be careful not to burn yourself

Avoid

- Cold and flu preparations - you don't want to dry up your secretions as these help you fight the infection

- Cough mixtures - there is no evidence that they work and the coughing helps prevent the infection getting into your chest.

Doctor's Leave

The following doctors will be on leave over the next two months:

- Dr Ayesha Choudhury 24 Aug only
- Dr Melissa Joseph 20 Sep to 7 Oct
- Dr Matthew Lam 5 Aug to 1 Sep
- Dr Rumi Liyanagamage 21 Sep only
- Dr Kim Loo 1 Aug to 5 Aug, 28 Aug only,
- Dr Kim Loo 9 to 11 Sep, 18 to 21 Sep

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



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)