



Riverstone Family Medical Practice

September 2024 Update

Book an Appointment



MyMedicare Registration



RFMP on Facebook



Attention All Men!

Mr Perfect is a community organisation connecting men across Australia over a relaxed free BBQ to chat about all things in life. It provides opportunities for men to meet and talk with other men.

It also provides quality online resources for men's mental health including a men's health directory with many groups, podcasts, events, educational programs and lots more!

<https://mrperfect.org.au/mens-health-directory/>



my medicare Registration Required

To assist your doctor to provide continuing care from November 1st, it is essential that you are registered on My Medicare by October 30th. If you encounter any issues with the registration process, please call our reception desk for assistance. We can help you complete the registration. ♡

Spring Is Here!

While many welcome the warmer weather and beautiful flowers, this can be a time for allergies to cause symptoms.

Allergic illnesses include:

- **hay fever** - runny nose and sneezing;
- **allergic conjunctivitis** - itchy, watery eyes; and
- **asthma** - cough, wheeze, chest tightness and shortness of breath.

Allergic illnesses are treatable and can cause serious complications if untreated. There are many treatments available so see your GP if you need help.




CLINICAL Tip of the Month

Look After Your Eyes!

Always wear eye protection when working in the garden to reduce the risk of injury. If you do have an eye problem see your optometrist.

We would like to remind you that your upcoming **Care Plan or Health Assessment** appointment is scheduled to include both our nurses and doctor on the same day. This allows us to provide you with comprehensive review of your health needs.

Because these appointments are lengthy and involve multiple caregivers, last minute cancellations can affect not only your care but also other patients who are waiting for an opportunity to be seen. We appreciate your understanding and cooperation in keeping your scheduled appointment or informing us as soon as possible if you need to reschedule.

Thank you for helping us make the best use of our time and resources. 

A Message from
the R7MP Team

Doctor's Leave

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

- Dr Melody Chiou 9 Sep to 16 Sep
- Dr Michelle Crockett 9 Sep to 10 Sep
- Dr Melissa Joseph 20 Sep to 7 Oct
- Dr Larry Lam 23 Sep only
- Dr Rumi Liyanagamage 21 Sep only
- Dr Kim Loo 9 to 11 Sep, 18 to 21 Sep
- Dr Sharon Muir 14 Oct to 31 Oct
- Dr Hanaa Wanis 6 Sep to 24 Sep

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

*If you want something you never had
You have to do something you've never done!*



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)