



Riverstone Family Medical Practice

January 2025 Update

[Book an Appointment](#)



[MyMedicare Registration](#)



[RFMP on Facebook](#)



Test Results Follow-up

It is essential that you follow up with the doctor who ordered your test to receive your results. Please confirm with your doctor how you will receive your results, whether by phone or in person. **Do not assume everything is fine if you haven't been contacted.** While we make every effort to communicate results, it is your responsibility to ensure you receive them and discuss any necessary follow-up with your doctor.



To avoid delays and ensure your results are properly interpreted, **we strongly recommend booking an appointment with the doctor who ordered your tests.** If you book with another doctor, you may need to reschedule with the ordering doctor.

Urgent results will be communicated promptly. **Please ensure we have your contact details up-to-date as well as your emergency contact details,** so we can reach you or your emergency contact if needed.

ADMIN Tip of the Month

my medicare

Have you Registered for MyMedicare?

If not you are missing out on some great benefits even if you have not been seen at the Practice in the past 12 months.

To register just click on the link at the top of this newsletter or contact one of our staff on 02 9627 0600 for assistance.

Monthly Myth-Buster

Starting this month we will be introducing a new section called our Monthly Myth-Buster. It will show that something generally thought to be true is not, in fact, true, or is different from how it is usually described.

January Myth: Apply Ice to a Burn - NO!

Applying ice to a burn can cause more harm than good as very cold temperatures can further damage the skin.

If you suffer a burn, run under cool running water for at least 20 minutes. Also **DO NOT** apply butter to a burn.

If you are concerned, seek medical advice and for more information see:

[Burns and Scalds](#)

CLINICAL Tip of the Month

Sunscreen Reduces the Risk of Developing Skin Cancer

- To reduce the risk of developing skin cancer, including melanoma, make sure you apply an adequate amount of sunscreen, wait 20 minutes before going outside and then reapply every 2 hours:

[5 Steps to Apply Sunscreen Correctly](#)

- If you wear make-up we recommend applying your sunscreen under your make-up, you can use it as a moisturiser.
- To find out how sunscreen works see the Cancer Council:

[How does Sunscreen Work?](#)



Doctor's Leave

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

- Aradhana Arora 14 Jan only
- Dr Winnie Cheung 8 Jan only, 10 to 20 Jan
- Dr Melody Chiou 10 Jan only
- Dr Ayesha Choudhury 20 Dec to 11 Jan
- Dr Michelle Crockett 27 Jan to 1 Feb
- Dr Melissa Joseph 18 to 28 Jan
- Dr Matthew Lam 22 Jan to 9 Feb
- Dr Kim Loo 9 to 22 Feb
- Dr Sharon Muir 13 to 19 Jan, 24 to 27 Jan
- Dr Jacqueline Phan 6 to 12 Jan
- Dr Kiran Shrestha 20 Jan to 27 Feb
- Dr Anne Trang 24 Dec to 30 Jan
- Dr Hanaa Wanis 18 Dec to 15 Jan

The Practice will be closed on Australia Day, 27 January

Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?

GEORGE CARLIN



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)