



# Riverstone Family Medical Practice

## February 2025 Update

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### Why do you need a GP that is yours?

At Riverstone Family Medical Practice we know the value of building strong patient/doctor relationships that continue over time. **Research has clearly shown that having a regular GP results in better health outcomes.**

It is important that everyone has one GP who knows them well and who they see for their regular care. This GP will be recorded on the file as Your GP. If you need care and your GP is not available, you can see another GP here who has access to your notes and will, with your permission, inform your GP of any significant health issues that have occurred.



This continuity of care means that you are less likely to suffer an adverse event or have something missed because all of your health information is stored in the same place. If you go to a different medical practice they will not have access to all your records and may not share important health information.

**To get the most from your relationship with your doctor, make sure you register for MyMedicare if you haven't already done so.** Either click on the link at the top of this newsletter or ask one of our receptionists at the practice who will assist you.

## Monthly Myth-Buster

### February Myth: Cracking Joints Causes Arthritis

1. Cracking joints does not cause arthritis. The crack is simply gas escaping the joint. **This tends to feel good but does not cause any harm.** So while cracking your joints eg fingers might annoy people around you, it does not cause any harm.
2. If you have joints that crack with movement eg your knees crack when you get up, but you have no pain, this is not likely to be anything serious. **Painful cracking can indicate underlying joint issues and you should see your GP.**

### RSV Vaccination Now Available for Pregnant Women

Protect your new born baby against Respiratory Syncytial Virus (RSV)



**Respiratory syncytial virus (RSV)** vaccine is now available for free under the National Immunisation Program (NIP). The RSV vaccine is recommended for women at 28 to 36 weeks of pregnancy and it protects their newborn from RSV.

RSV is a serious disease for newborn babies and it infects their nose, throat, and lungs. It is a leading cause of children going to hospital. **Getting a vaccine in pregnancy reduces the risk of severe RSV disease in infants less than 6 months of age by about 70%.**

Speak to your doctor or nurse for more information.

[National Immunisation Program update - RSV Vaccine](#)

## **Change of GP Registrars**

**Our GP Registrars** are registered doctors who are doing specialist training in General Practice. Our current registrars, **Dr Jacqueline Phan** and **Dr Lize Harrison**, are completing their 6-months term with us at the beginning of February and will be moving on to different practices to continue their training. We have really enjoyed having **Drs Jacqueline** and **Lize** with us and wish them all the best for their future careers.



Dr Lauryn Khoo



Dr Nowshin Chowdhury



Dr Lekha Gupta

*Welcome*

We welcome our new GP Registrars - **Dr Lauryn Khoo, Dr Nowshin Chowdhury** and **Dr Lekha Gupta**. We believe it is essential to be involved in the specialist training of GP Registrars as they will be the GPs of the future.

## **BACK TO SCHOOL**

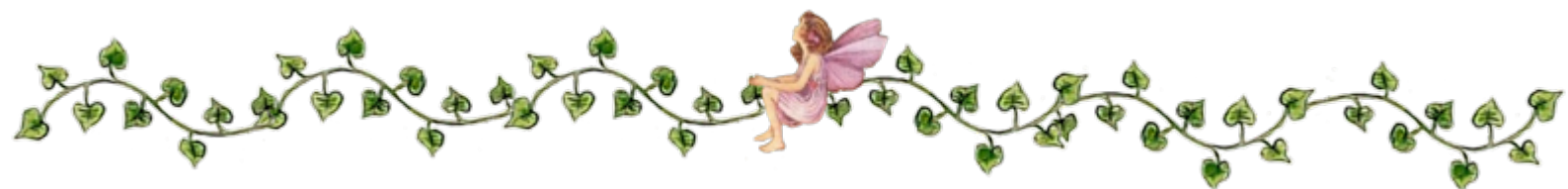
The NHMRC produces a guide that provides simple and effective ways to limit the spread of infectious diseases in children up to school age and for children attending care services outside school hours. It has information about a wide range of infections including recommended exclusion periods. ie How long you should keep your child at home when they are unwell with an infection.

[Staying Healthy Guidelines](#)

## **CLINICAL** *Tip of the Month*

### **Excessive ear Wax ...**

- If you suffer from **excessive ear wax** try using a few drops of olive oil in your ears 2-3 days each month. Ears are self cleaning and keeping wax soft can assist the body to remove the wax.



## **Doctor's Leave**

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

- Dr Lekha Gupta ..... 22 Feb only
- Dr Lauryn Khoo..... 17 Feb only
- Dr Matthew Lam ..... 22 Jan to 9 Feb
- Dr Rumi Liyanagamage ..... 7 Feb only
- Dr Kim Loo ..... 9 to 22 Feb
- Dr Kiran Shrestha ..... 7 to 28 Feb

**Have you registered with MyMedicare yet?**

**If not, do so ASAP by clicking on the link at the top of this newsletter.**



The only  
place Success  
comes before  
Work is in the  
Dictionary.



Vince Lombardi



**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)