



Riverstone Family Medical Practice

March 2025 Update

[Book an Appointment](#)



[MyMedicare Registration](#)



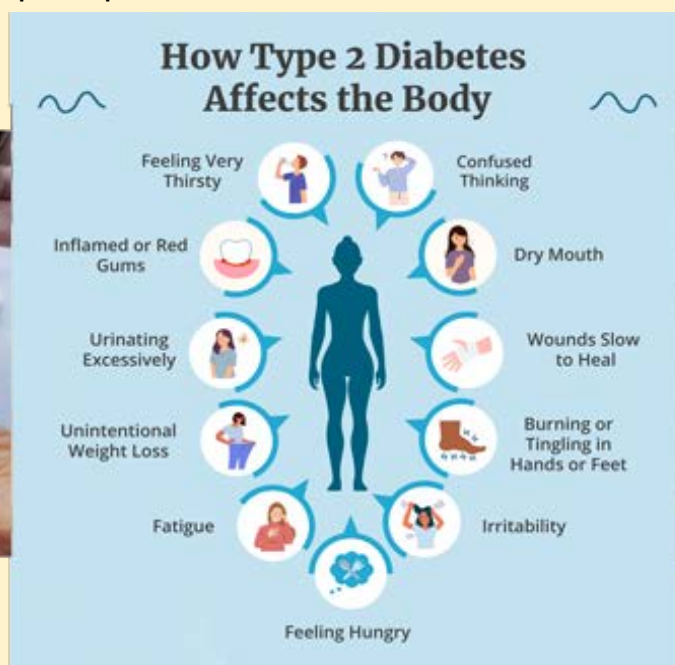
[RFMP on Facebook](#)



Diabetes

Western Sydney is a diabetes hotspot. Many people have pre-diabetes when their blood sugar is elevated above normal but not high enough to be diagnosed with diabetes. Weight loss can help prevent the onset of diabetes.

The Western Sydney Diabetes team have started a free program called the 2kg challenge. Support is offered for 8 weeks to help lose 2kg with coaching programs, exercise ideas and helpful tips.

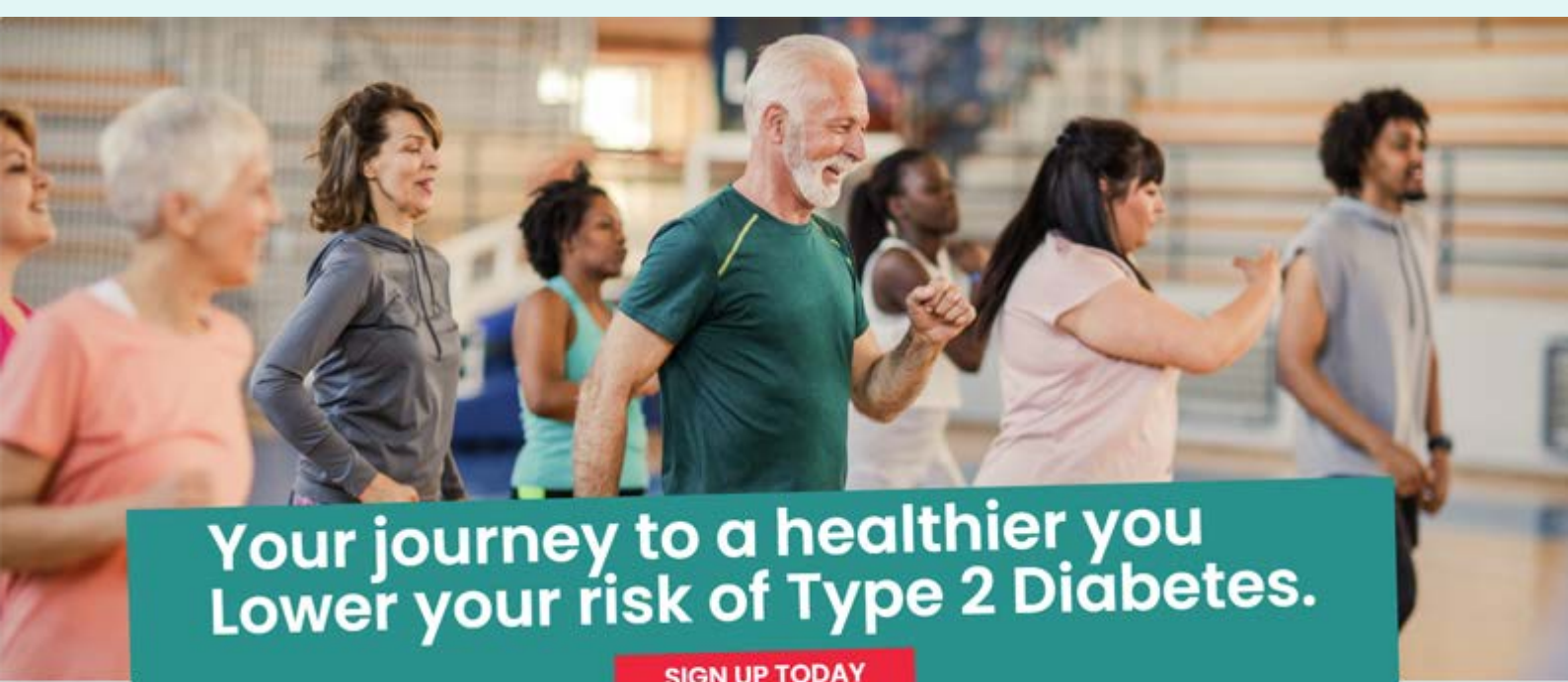


Monthly Myth-Buster

March Myth: CHOCOLATE CAUSES ACNE

- There has been a lot of research on this and there is no evidence to support it. However, everyone is different and if you're prone to acne, you may want to limit your consumption of chocolate and see if it makes a difference.
- We recommend limiting chocolate in the diet as it has a lot of calories. Dark chocolate is better than white or milk chocolate as it contains less sugar.

***Lower your risk of diabetes by
Joining the 2KG Challenge Today!***



Your journey to a healthier you Lower your risk of Type 2 Diabetes.

SIGN UP TODAY

[A free program from the Western Sydney Changing Diabetes team.](#)

Whether you've learned that you're at risk for type 2 diabetes or just want to feel healthier, this is the challenge for you!

By signing up, we'll support you over 8 weeks to lose 2kg with coaching programs, exercise ideas, and helpful tips.

You'll get advice through texts, emails, videos, and simple articles. You can also join our online community to connect with others, share your story, ask questions, and stay up to date with news and special offers.

CLINICAL *Tip of the Month*

Your Child's Blue Book

- Always bring your child's blue book to an appointment. If you are coming for a health check or vaccination please fill out the questions in the blue book before you arrive for your appointment.



Doctor's Leave

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

- Aradhana Arora 4 to 15 Mar
- Dr Kirby Campbell-Wood 29 Mar only
- Dr Winnie Cheung 10 to 21 Mar, 10 to 11 Apr
- Dr Melody Chiou 25 Mar to 1 Apr
- Dr Ayesha Reza Choudhury 5 Apr only & 23 Apr only
- Dr Nowshin Chowdhury 31 Mar only
- Dr Michelle Crockett 27 Apr to 3 Jun
- Dr Lekha Gupta 22 Mar only
- Dr Melissa Joseph 22 Apr only
- Dr Lauryn Khoo 22 to 24 Apr
- Dr Rumi Liyanagamage 10 to 16 Apr
- Dr Kim Loo 10 Mar only & 12 Mar only
- Dr Sharon Muir 10 to 14 Mar

***The Practice will be closed for Easter, 18 to 21 April
and 25 April for Anzac Day***

*It does not matter how slowly you go
as long as you do not stop.*





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)