

What's New At



MAKING HEALTH CARE EASY

February - March 2018



233 Lester Avenue
Geraldton WA 6530

Contact numbers:

Panaceum Medical:
08 9920 8111

Panaceum Allied Health:
08 9920 8151

Panaceum Industrial Health:
08 9920 8171

Panaceum Injury Management
and Fitness Centre:
08 9920 8151

Culinary HQ @Panaceum:
08 9920 8170

Optimal Plus Pharmacy:
08 9921 2156

Clinical Labs Pathology:
08 9964 6764

Panaceum Seacrest:

75 Barrett Drive
Wandina WA 6530
08 9923 9999

E-Mail:
reception@panaceum.com.au

Visit Us!

Book online at
www.panaceum.com.au

**Summer is here, prevent Skin Cancer
BE SUN SMART**

It's the time of the year that we all enjoy being outside. Whether it be swimming, playing sport, riding a bike, gardening, having a BBQ or even that mundane job of hanging out the washing, where our skin suffers from the harsh UV (ultra violet) rays.

Being Sun Smart is easy

To prevent UV damage and reduce your risk of skin cancer, be sun smart this summer by



- SLIP** on protective clothing
- SLOP** on sunscreen
- SLAP** on a wide brimmed hat
- SEEK** out shade
- SLIDE** on sunglasses

Over time UV damage can result in premature aging, eye damage, sunspots and ultimately skin cancer. This is a time to teach and encourage children, friends and family to be sun smart.

Did you know that all GPs can do a skin check for you?

Get to know your skin and if you spot any skin changes book an appointment with your GP - a simple skin check could save your life.



Staff Member Profile

Name: Dr Nathan Combs
Position: GP Registrar

How long have you been working at Panaceum? Two weeks.

What do you enjoy most about working at Panaceum? Office hours, semi-autonomous practice, having my own patients to see.

Favourite thing about Geraldton? The friendliness of the town.

What occupies your spare time? My family; my wife Kabwe, daughter Esther (3 ½ years) and son Daniel (5 months).

Favourite food? Lasagne.

Ultimate holiday destination? The bush. Camping with no mobile reception and nothing to do.

Favourite music? dc Talk, Switchfoot, Relient K

Which 3 people; living, fictional or dead would you invite to a dinner party? Apostle Paul, Martin Luther, David Livingstone.

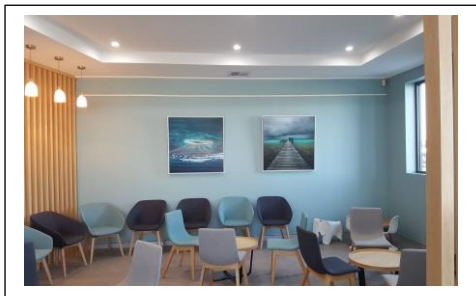
Skin & Sun Awareness Campaign - February 2018

In support of our skin and sun awareness campaign, select Doctors at Panaceum Medical & Seacrest will be **bulk billing* skin checks**. These appointments can only be booked on the phone and not online.

Please call Panaceum Medical on **9920 8111**
or Panaceum Seacrest on **9923 9999**

*applicable only to Medicare eligible patients

Did you know...[Panaceum Seacrest?](#)



Geraldton's exciting new Medical Centre opened its doors in October 2017. As part of the Panaceum Group it offers a purpose built family practice, providing all-encompassing healthcare, GP services, Chronic Disease Management, Obstetrics, Anaesthetics, Nursing, Physiotherapy and onsite Pathology. Built as part of Panaceum Group's commitment to providing quality healthcare to the Midwest and surrounding communities. New and existing patients of the Group are welcome.

75 Barrett Drive, Wandina WA 6530
08 9923 9999

Prenatal & Mums with Bubs Classes at Panaceum Injury Management and Fitness Centre with Exercise Physiologist Shelley Fennell!

Prenatal classes: Get fit, healthy, and strong and prepared for labour with our pregnancy classes. Our classes are fun, exciting and safe. Research has shown that with exercise, pregnant woman can actively improve their fitness and strength throughout their pregnancy and can achieve various health benefits for pregnancy, labour and post-delivery.

Mums with Bubs: Classes incorporate activities that both mother and baby (age 3-12 months) can enjoy and benefit from together, whilst also building friendships and support networks. Our unique approach incorporates your little one into various exercises, offering a nurturing environment which encourages bonding and play with their mother through the program. The intensity is varied based on individual needs, ensuring mums of all fitness backgrounds achieve a great workout!

To book in for a class call 9920 8151

What happens to your Test Results?

Had a test? It is important that you call the practice to check that we have your results 3-5 working days after the test.

Your GP assesses all results they have requested for you and gives them all a specific action.


This may be to ask you to come back for an appointment, for a nurse to advise you on further action or no follow up needed at all.

As always, we are happy to help with any questions.

Check out the Panaceum Website

Features include:
Online Bookings
Online Script Requests
New Doctor Pages
Panaceum Blog
Information about all our departments and the services we provide.

www.panaceum.com.au

 [Find us on Facebook.](#)

Panaceum Saturday Clinic



8.30am - 12.00pm
Bookings and urgent on the day appointments available
Call **Panaceum Medical** on **9920 8111**



Travelling Overseas?

Come in and see our specially trained Travel Doctor. Dr Elly Sloomans can provide you with up-to-date pre- and post-travel information, vaccinations and medications to help reduce your risk of illness whilst overseas.

Call the **Panaceum Travel Clinic** on **9920 8111**

Panaceum Allied Health Specialists

Lara Reynolds - Podiatrist
Terri Quinlan - Dietician
Fiona Cooke - Physiotherapist
Tom Knight - Physiotherapist
Gemma Morcombe - Physiotherapist
Shelley Fennell - Exercise Physiologist

For all enquiries or to schedule an appointment please contact Panaceum Allied Health on **9920 8151**

[Panaceum Injury Management and Fitness Centre](#)



Floor Pilates
Hot Yoga
Personal Training
Clinical Pilates
And MORE!

All enquiries or to book a place in our group classes please call our **Gym** on **9920 8151**