

What's New At



MAKING HEALTH CARE EASY

April - June 2018



233 Lester Avenue
Geraldton WA 6530

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08 9920 8111

Panaceum Allied Health:
08 9920 8151

Panaceum Industrial Health:
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Panaceum Injury Management
and Fitness Centre:
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Visit Us!

Book online at
www.panaceum.com.au

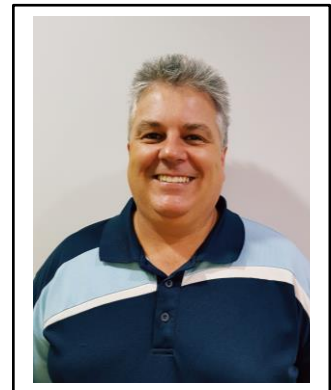
Allergies, Allergies...

Allergies – what are they?

An allergy occurs as a result of a person's immune system reacting to something in the environment that is usually of no harm to others. These substances are known as allergens. Examples of allergens include dust mites, pets, insects, moulds and foods. When a person has an allergic reaction to a substance, it triggers an antibody response and our body produces histamine. When histamine is released, the body may show signs of swelling and inflammation which becomes uncomfortable.

Allergy Testing

Allergy testing can be done by blood tests and also by skin prick testing. At the Panaceum, our GPs can offer both forms of testing. We also have 3 specialised GPs who oversee the service of Skin Prick Testing to patients over the age of 5 years and specifically focus on grasses, dust mites, olives and cat hair. Within 15-20min the results are available for reading and the doctor can provide you with some guidance on how to proceed. This may mean the suggestion of readily available treatments, or referral onto an immunologist for further care. If you think you or someone you know may benefit from Skin Prick Testing – please make an appointment to see your GP.



Staff Member Profile

Name: Nigel Holmes

Position: Occupational Therapist

How long have you been working at Panaceum? 1 month.

What do you enjoy most about working at Panaceum? Friendly, happy atmosphere of the facility, staff and people who visit.

Favourite thing about Geraldton? So many things to like about Geraldton – has the right mix of the best parts of country and city life and of course the beaches.

What occupies your spare time? My family, our home at Moresby and tinkering.

Favourite food? Fresh seafood cooked perfectly with right accompaniments.

Ultimate holiday destination? We holiday as a family, so something that has a bit of everything for everyone with some new experiences thrown in.

Favourite music? Like all types of music but particularly music made by musicians who are talented and timeless.

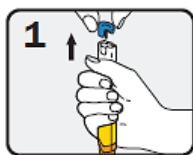
Which 3 people; living, fictional or dead would you invite to a dinner party? George Orwell, Sergei Lavrov, Paul Roos

Immunisation Awareness – Flu Vaccine

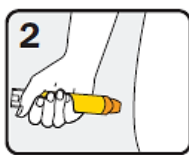
Department of Health recommends to delay your "Flu" Vaccination until late May 2018. Reason is that the vaccine becomes less effective after 3-4 months and in previous years the peak season for the influenza was August/September. For more information please speak with your GP.

Are you eligible for a free flu vaccine?
Ask your Nurse or GP to find out!

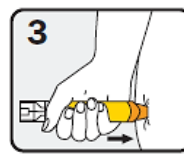
Did you know... how to give EpiPen®?



1 Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



2 Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



3 PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds
REMOVE EpiPen®

Note: All EpiPen®s should be held in place for 3 seconds regardless of instructions on device label

Source: <https://www.allergy.org.au/>

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

Your Health Record

We gain your consent to collect and store your personal and medical information and hold it securely at this practice. This becomes the property and responsibility of the practice and its confidentiality is our highest priority.

The full details of how we use and disclose patient information can be found in our Privacy Policy which is free to access on our website or you can obtain a copy at the front desk. You can have access to your file at any time by completing a Request for personal health information form - there may be fees associated.

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