

What's New At



MAKING HEALTH CARE EASY

July - September 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:  
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### Meningococcal Disease Awareness

Meningococcal disease is an uncommon, but sometimes life-threatening illness. The disease is a result of a bacterial infection of the blood and/or the membranes that line the spinal cord and brain.

Although treatable with antibiotics, the infection can progress very rapidly, so it is important that anyone experiencing symptoms of meningococcal disease seeks medical attention promptly.

At any one time, approximately 10 per cent of healthy people carry meningococcal bacteria harmlessly in their nose or throat, and do not become ill. Rarely, however, a small proportion of people will develop serious 'invasive' infections.

There are 13 different types of meningococcal bacteria (called 'serogroups'), but worldwide most disease is caused by serogroups A, B, C, Y and W. Until recently, around 90 per cent of serious meningococcal infections in WA were caused by serogroup B organisms. However, there has been an increase in infections caused by serogroup W organisms (MenW) in WA and other Australian states since 2015.

On January 23rd 2018, the WA Department of Health announced funding to provide funded Meningococcal ACWY vaccines to children aged 1-4 years. This is in addition to the already funded program for the same vaccine for 15-19 year olds.



### Staff Member Profile

**Name:** Dr Louise Spillman  
**Position:** GP Registrar

**How long have you been working at Panaceum?** 18 months - started in January 2017.

**What do you enjoy most about working at Panaceum?** Great team to work with and fabulous coffee onsite.

**Favourite thing about Geraldton?** Being close to the beach and family.

**What occupies your spare time?** Family and a good amount of baking!

**Favourite food?** A slow cook ragu with crusty bread and a nice glass of red.

**Ultimate holiday destination?** France.

**Favourite music?** Will listen to just about anything, though a soft spot for 80s/90s pub rock.

**Which 3 people; living, fictional or dead would you invite to a dinner party?** 1. Annabel Crabb - political journalist/commentator, cook and owner of a great wardrobe. She would be in charge of bringing dessert! 2. Rachel Khoo - British cook with a fabulous style (perhaps there is a theme here...). Her story and time with "The Little Paris Kitchen" was part of the inspiration for a trip to France before I started training. 3. My friend Bron - another lady with great style and cooking skills, but who would also equally love our other guests!

### Meningococcal ACWY Vaccines

At the Panaceum Group, we have these vaccines available. It can be provided at the same time as other childhood scheduled vaccines. The Meningococcal vaccine is considered a supplementary vaccine, and while it is encouraged to provide this vaccination to your children, it is not compulsory for the No Jab No Pay legislation. It is expected that later in 2018 this vaccine will become federally funded and the effect on "No Jab No Pay" rules will change.

For children outside of the two funded age grouped mentioned above, the vaccine is still available but this is at a cost. If you wish to vaccinate yourself or your children outside of the funded age groups – please contact the Panaceum to make an appointment with a GP and the nurses.

Visit us & book online at  
[www.panaceum.com.au](http://www.panaceum.com.au)

## Did you know...My Health Record?



My Health Record

My Health Record is the name of the national digital health record system. It is an online summary of your health information. Having a *My Health Record* means your important health information like allergies, medical conditions and treatments, medications, test and scan results are digitally available in one place.

You control what goes into your record and who is allowed to access it. With your permission, doctors, specialists, hospitals and other healthcare providers can access the information online at any time - even if you move or travel interstate. If you wish to start using My Health Record you can register online using your myGov account. You are able to enter any allergies, adverse reactions and medical conditions you may have to help healthcare providers give you better advice and treatment. You can set access controls to restrict which healthcare provider organisations can see your My Health Record, or certain information and documents in it. Information will not be disclosed to anyone else, unless required or permitted by law.

By the end of 2018, a My Health Record will be created for every Australian unless they choose not to have one.

### Stay in or opt out?

If you decide that you do not want a My Health Record created on your behalf, you will have the opportunity to inform the Australian Digital Health Agency during a *three-month period*. This period will run from *16 July to 15 October 2018*. It is not possible to opt out of having a My Health Record before this period starts on 16 July 2018.

If you have an extensive or complex medical history, take medications on a regular basis or have a chronic disease the Panaceum Group suggests not opting out of a My Health Record. This service enables healthcare providers to access your important information from anywhere at any time when they need to, like in an accident or emergency.

Panaceum is not yet connected to My Health Record but will be by the end of 2018.

Source: <https://www.myhealthrecord.gov.au>

### Prenatal Classes & Mums with Bubs Fitness with

**Shelley Fennell**

EXERCISE PHYSIOLOGIST

**Casual:** \$15 per session

**Pass:** \$120 for 10 classes

Classes are Private Health Fund Rebatable

Sessions run at the Panaceum Injury Management & Fitness Centre. For further details, session times and to book please call **9920 8151**

### 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](http://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 Shanks** - Physiotherapist  
**Tom Knight** - Physiotherapist  
**Gemma Morcombe** - Physiotherapist  
**Shelley Fennell** - Exercise Physiologist  
**Nigel Holmes** - Occupational Therapist

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  
Massages  
And MORE!

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