

What's New At



MAKING HEALTH CARE EASY

February - March 2019



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
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08 9923 9999

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Heart Kids and Heart Research

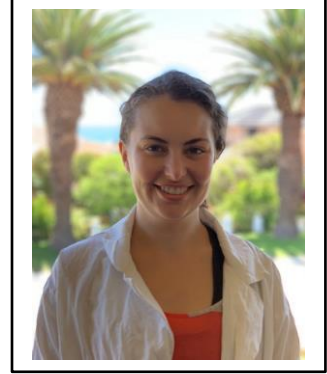
For February 2019, the Panaceum Group are fundraising to increase awareness of **HeartKids** and Heart Research. Most of us can probably comfortably say that we know of someone in our social or family circles that is affected by a heart condition or heart disease.

HeartKids is the only **charity** focused on funding the research, information and care that provide constant support for children, teens and adults from diagnosis all the way throughout their **life journey** with **congenital heart disease** (CDH).

Did you know that 8 babies are born each day with heart disease and therefore **HeartKids** raise awareness and funds to fight against one of the leading causes of infant death in Australia.

This February, **HeartKids** is raising funds to support the fight against CHD and they would love your help. They urgently need to raise **\$650,000** towards one on one **support** for parents whose child is undergoing **heart surgery** or going through treatment. If you would like to donate to this cause, please follow this link:

<https://www.heartkids.org.au/whats-on/show-your-heart-feb-2019/donate>



Staff Member Profile

Name: Dr Katie Milne
Position: GP Registrar

How long have you been working at Panaceum?
Since mid-January.

What do you enjoy most about working at Panaceum?
A great team to work with!

Favourite thing about Geraldton? The ocean.

What occupies your spare time? Walks with my dog, Babette the Boston.

Favourite food?
Chocolate.

Ultimate holiday destination?
Hvar, Croatia.

Which 3 people; living, fictional or deceased would you invite to a dinner party?
Moon-Face, Sylvia Plath, Bill Gates.

New for 2019!

Panaceum Medical - Extended Hours Clinic

We have extended our opening hours to help fit your healthcare into your busy schedule!



New Hours

Monday	8.00am - 5.00pm
Tuesday	8.00am - 6.45pm
Wednesday	8.00am - 5.00pm
Thursday	8.00am - 6.45pm
Friday	8.00am - 5.00pm
Saturday	8.30am - 12.00pm

Visit us & book online at
www.panaceum.com.au

What happens when you stop smoking?

Your body begins a series of changes that continue for years.



20 Minutes
Your heart rate drops.



2 Weeks to 3 Months
Your heart attack risk begins to drop. Your lung function begins to improve.



1 Year
Your added risk of coronary heart disease is half that of a smoker's.



10 Years
Your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, oesophagus, bladder, kidney and pancreas decreases.

Source: United States Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. Atlanta, GA: United States Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

12 Hours



Carbon monoxide level in your blood drops to normal

1 to 9 Months



Your coughing and shortness of breath decrease.

5 Years



Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

15 Years



Your risk of coronary heart disease is back to that of a nonsmoker.



Source: World Health Organisation



Introduction to Exercise Physiology

For the whole of February, our Exercise Physiologist **Jonny Christie** is offering **50% off initial consults** for all patients (*note: rebates may also apply*).

If you haven't utilised exercise physiology before, this is the perfect opportunity to try it out for yourself.

So who will benefit? Anyone who needs assistance to exercise SAFELY and EFFECTIVELY, whatever the complaint. Jonny can assist with exercise for obesity, diabetes, heart complaints, Osteoporosis, etc. but he has a particular interest in helping anyone experiencing chronic injury and/or pain.

Curious? Well contact our friendly staff on **9920 8151** or visit Allied Health to make an appointment.



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**

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 Allied Health Specialists

Lara Reynolds - Podiatrist
Terri Quinlan - Dietician
Liz White - Physiotherapist
Tom Knight - Physiotherapist
Jonny Christie - Exercise Physiologist

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

Panaceum Saturday Clinic



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

Current at: February 2019