

What's New At



MAKING HEALTH CARE EASY

April - June 2019



### Staff Member Profile

**Name:** Yun Jang  
**Position:** Podiatrist

**How long have you been working at Panaceum?** I have been working at the Panaceum for the past 6 weeks! However, my first visit to Panaceum was back in 2018 when I was a final year podiatry student.

**What do you enjoy most about working at Panaceum?** I enjoy working with a group of medical specialists within the same building. Additionally, I feel very safe, comfortable and supported at work as all the staff here are so friendly and helpful.

**Favourite thing about Geraldton?** I think Geraldton has a close network of community where everyone knows each other somehow. I also appreciate how everyone says 'hello' during foreshore walks and stop their cars so you can cross the road safely. But most of all, I love the variety of sports Geraldton offers!

**What occupies your spare time?** During my spare time, I enjoy playing badminton and walking at the foreshore. I love it so much that I do it almost every day. I think I might be addicted to this lifestyle. My parents are semi-worried that they will forever lose me in Geraldton.

**Favourite food?** I love my home town cooking, KOREAN food! If I had to choose a favourite Korean dish, it has to be kimchi soup!

**Ultimate holiday destination?** I booked a last minute holiday trip to Hamilton Island with my best friend in 2017 and I must admit: BEST DECISION OF MY LIFE. The clear blue waters, coral reefs, swimming with turtles and spectacular views; were just amazing. I would 100% do it again! FYI: I am not sponsored by Hamilton Island tourism.

**Favourite music?**  
R&B all day, every day.

**Which 3 people; living, fictional or deceased would you invite to a dinner party?** Beyoncé, Jennifer Lawrence, Justin Bieber. Yes, I am a believer.



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Panaceum Industrial Health:  
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Tarts & Co. @ Panaceum:  
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### Influenza Vaccination 2019: Recommendation for patients to delay until May

Did you know:

The working power of the flu vaccine wanes or reduces slowly over time and can be dramatically reduced after about 3-4 months.

In the Midwest over the last 5 years our peak flu season hits around September. Having your flu vaccine as early as March or April can significantly reduce the likelihood of your vaccine being effective when you need it the most. For example – if you were to have your influenza vaccine in March or April 2019, by July, your vaccine will have lost a lot of its effectiveness, leaving you more prone to influenza infection during our likely peak flu season of September.

However – if you were to have your influenza vaccine in May or later, you are more likely to have coverage from your vaccine through the peak flu season month of September.

**For these reasons, the Health Department and your Doctors are promoting the delay of your flu vaccine until at least May 2019.**

This is especially important for the elderly, children and immunocompromised who are at increased risk of infection with the flu during our peak season.

### Influenza Vaccinations at Panaceum Group

As always the Panaceum Group will have influenza vaccines available for patients privately and also for those patients eligible for a funded vaccination on the National Immunisation Program (NIP).

Both private and funded vaccinations **will be available at all Panaceum practices from the end of May 2019.**

Should you have questions or concerns regarding the influenza vaccination, please make an appointment to discuss this with your GP.

## Free measles vaccine for adults born in or after 1966

Are you fully vaccinated against measles?

If you were born in or after 1966, you may not have received two doses of the measles vaccine. This means you may not be fully protected.

**A new adult vaccination program has been announced for Western Australians born in or after 1966 who have not already received two doses of a measles-containing vaccine.**

The number of measles cases in WA has been increasing in recent years, with 36 reported in 2018 – the highest figure since 2014 when 44 measles cases were confirmed.

Of those 36 infections last year, nearly three-quarters (73%) occurred among people aged 20 to 49 years of age. So far, 13 cases have been reported in 2019.

The program addresses an important gap in the community's protection against measles, as people born prior to 1966 are usually immune to measles due to having the illness as a child and people 19 years of age and younger are already eligible for free measles-mumps-rubella (MMR) vaccine through the National Immunisation Program.

Naturally occurring measles has been eliminated from WA for approximately 20 years but occasional cases and small outbreaks still occur – associated with tourists or WA residents who are infected overseas.

Adults born during or after 1966 are requested to check that they have had two documented doses of a measles vaccine at some stage in their life, especially if they plan to travel overseas.

**People who are not sure if they have had two doses of measles vaccine, should see their Doctor or health care provider for the free vaccine.** While the vaccine is free, there may be a fee for the consultation.

Parents are also urged to make sure their children receive their measles vaccinations on schedule at 12 and 18 months of age.



Source: <https://www.healthywa.wa.gov.au/News/Adult-measles-campaign-2019>

Visit us & book online at

[www.panaceum.com.au](http://www.panaceum.com.au)

## Waiting Times, Non-Attendance & Cancellations

Your Doctor may occasionally be delayed. There can be many reasons for this, including emergencies, delivering babies, providing urgent anaesthesia or answering urgent phone calls.

You can always phone the practice to check if your Doctor is running on time.

Please try not to be late for your appointment as this means other patients will also be subsequently delayed. If you need to cancel, please do so **at least 2 hours prior to your appointment** and by phone only. Please do not email as our emails are not monitored regularly.

Please be aware that late cancellations and non-attendance can incur a fee.

## Panaceum Allied Health

**Lara Reynolds – Podiatrist**

**Yun Jang – Podiatrist**

**Terri Quinlan – Dietician**

**Tom Knight – Physiotherapist**

**Liz White – Physiotherapist**

**Anna Urwin – Physiotherapist**

**Jonny Christie – Exercise Physiologist**

**Kylie-Rose Taylor – Massage Therapist**

For all enquiries or to schedule an appointment please contact Panaceum Allied Health on **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.](#)



## 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 Saturday Clinic



**8.30am - 12.00pm**

Bookings and urgent on the day appointments available  
Call **Panaceum Medical**  
on **9920 8111**