

What's New At



MAKING HEALTH CARE EASY

July – September 2019



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Staff Member Profile

Name: Dr Helko Schenk
Position: GP

How long have you been working at Panaceum? For 6 years and 6 weeks; from 2006 to 2012 and again since the 1st of June 2019.

What do you enjoy most about working at Panaceum? Working in a friendly well supported team, with a great and wide mix of skill sets giving us great opportunities and looking after our patients really cradle to grave!

Favourite thing about Geraldton? It takes 5 min everywhere - less time wasted commuting, more time spent on the important things in life.

What occupies your spare time? I stand-up-paddle-surf, play the Ocarina, windsurf, sail, get on the nerves of my wife and daughter, enjoy the outdoors and take what Gero and the Midwest have to offer.

Favourite food? Is lunch, because I am hangry by that time. I enjoy variety and try to make healthy food choices - both not an issue in Gero with its variety of shops, markets, restaurants...

Ultimate holiday destination? The Abrolhos or just go bush - peace, no mobile reception, back to basics and planet earth with all its beauty.

Favourite music? Music I play myself is a real steam vent for me. Otherwise most things classical. Car radio is on Classic FM. Folk Music but I go back to 1980ies Pop and Rock as well if the mood is right.

Which 3 people; living, fictional or dead would you invite to a dinner party?
I miss my Father. Greta Thunberg, I am blown away with her. The older Buddha or if he cannot make it the Dalai Lama or Pope Francis.

**National Pain Week
22 - 28 July 2019**

At some point in our lives we all experience pain as a result of injury or disease. Once treated for the injury or disease, we hope and eventually expect this will go away with treatment and healing processes. For some individuals pain does not go away and for others there is the experience of pain without injury or disease.

Pain does not only affect us physically, but can also have an impact on us mentally and socially, even affecting our loved ones who support us. Pain is complex and we all experience it differently.

Acute pain is an important alarm system and lets us know some action is needed. Acute pain is normally short term and resolves with healing and or treatment.

Chronic pain does not always indicate continuing damage due to injury or disease and lasts significantly longer – beyond the time you would expect injury or damage to heal.

If you are suffering acute or chronic pain and need to discuss this with your Doctor, please call our helpful staff to arrange an appointment.

Understanding and Living with Chronic Pain

Chronic pain can be overwhelming and affects all aspects of a person's life. It is estimated that one in three Australians live with chronic pain. Because chronic pain is complex there is no "one size fits it all" way of treating it. A combination of medications, exercise, diet, relaxation and mental health strategies may help people affected to successfully manage chronic pain and get back to a full and enjoyable life.

Working with a team of health care professionals such as your GP, pain specialist, pharmacist and allied health professionals (i.e. physiotherapists) can help produce the best results for people living with chronic pain.

Source: <http://chronicpinaustralia.org.au/>

Introducing Panaceum Allied Health's new Psychologist Amanda Giudice



Amanda is a dedicated registered psychologist (MPsychClinical), who aims to provide the best possible support and care to her clients, to help improve their general well-being and achieve their therapeutic goals.

She takes a caring, empathetic and non-judgmental approach when working with her clients as she understands that talking about your personal distress can be a difficult thing to do.

Amanda can work with youth or adults for such conditions as:

- Trauma
- Anxiety
- Depression
- Grief
- Bipolar disorder
- Personality disorders
- Substance use and other addictive disorders
- Anger and violence.

She also has a strong interest in working with eating disorders, pain, schizophrenia and other psychotic disorders, somatization and dissociative disorders.

Amanda has had extensive experience working in the clinical forensic field and is interested in performing clinical forensic assessments and reports for the court.

Being a local, Amanda understands the Geraldton community and local issues well.

Amanda is available for appointments Thursdays and Fridays.

Call our friendly team at **Panaceum Allied Health** on **9920 8151** for more details or to make an appointment.

Visit us & book online at

www.panaceum.com.au



Travelling Overseas?

Come in and see one of our specially trained Travel Doctors.

Dr Elly Sloodmans and Dr Palaniyappah Suresh 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

Lara Reynolds – Podiatrist

Yun Jang – Podiatrist

Terri Quinlan – Dietician

Tom Knight – Physiotherapist

Liz White – Physiotherapist

Anna Urwin – Physiotherapist

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



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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.

Panaceum Saturday Clinic



8.30am - 12.00pm

Bookings and urgent on the day
appointments available

Call **Panaceum Medical**
on **9920 8111**