

What's New At



MAKING HEALTH CARE EASY

October – December 2019



233 Lester Avenue  
Geraldton WA 6530

**Contact numbers:**

Panaceum Medical:  
08 9920 8111

*E-Mail:*  
[reception@panaceum.com.au](mailto:reception@panaceum.com.au)

Panaceum Allied Health:  
08 9920 8151

Panaceum Industrial Health:  
08 9920 8171

Panaceum Injury Management  
and Fitness Centre:  
08 9920 8151

Tarts & Co. @ 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:*  
[seacrest@panaceum.com.au](mailto:seacrest@panaceum.com.au)

## October is Breast Cancer Awareness Month

October, Australia's Breast Cancer Awareness Month, provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

Take the time this month to find out what you need to know about breast awareness and share this important information with your family, friends and colleagues.

Breasts come in all shapes and sizes and will change throughout your life. Your menstrual cycle, pregnancy, age and weight may alter the size, shape and feel of your breasts.

Get to know your own breasts so that you will know what is normal for you. Look in the mirror and feel your breasts from time to time. Ask your GP to check your breasts regularly.



### Staff Member Profile

**Name:** Liz White  
**Position:** Physiotherapist

**How long have you been working at Panaceum?** In two weeks' time I'd have been working at the Panaceum for exactly 12 months (time flies!).

**What do you enjoy most about working at Panaceum?** I love having the Pilates room and Gym on-site, and working with and around such a fantastic group of people!

**Favourite thing about Geraldton?** The lifestyle and community in Geraldton is fantastic!

**What occupies your spare time?** Netball playing and umpiring, and being creative (baking, sewing and craft).

**Favourite food?** Pasta and Seafood – yum!

**Ultimate holiday destination?** I love travelling, so would go just about anywhere in a heartbeat! But the ultimate place on my bucket list would be Antarctica.

**Favourite music?** Anything by Taylor Swift.

**Which 3 people; living, fictional or dead would you invite to a dinner party?** Taylor Swift, Emma Watson and Michelle Phippard.

## Be Breast Aware – Know what to look for

Finding breast cancer early provides the best chance of surviving the disease. Remember you don't need to be an expert or use a special technique to check your breasts.

Changes to look for include:

- a new lump or lumpiness, especially if it's only in one breast
  - a change in the size or shape of your breast
- a change to the nipple, such as crusting, ulcer, redness or inversion
  - a nipple discharge that occurs without squeezing
- a change in the skin of your breast such as redness or dimpling
  - an unusual, persistent breast pain

Source: <https://canceraustralia.gov.au/healthy-living/campaigns-events/breast-cancer-awareness-month>

### Useful Links:

[www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au)

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

[www.bcna.org.au](http://www.bcna.org.au)

## Antibiotic Awareness Week 18 - 24 November 2019



World antibiotic awareness week is an annual, global event that raises awareness of the serious health issue of antibiotic resistance. It aims to encourage people around the world to use antibiotics responsibly – both prescribing practitioners and individuals taking the medications.

### What is Antibiotic Resistance?

Antibiotic resistance occurs when bacteria learn to change to protect themselves from an antibiotic. When this happens, the antibiotics that would have previously killed the bacteria and stopped them from multiplying, no longer work effectively. This means that infections are harder to treat and can lead to increased hospitalisations or in some cases death.

### Antibiotic Fact Check

1. Antibiotics do not work for all infections. They only work on bacteria and therefore treating viruses like common colds and flu's with antibiotics does not change the course of the illness.
2. If antibiotics are taken inappropriately or incorrectly there is a higher chance resistance will build.
3. Antibiotic resistance is already impacting our health now.
4. Sharing antibiotics and using leftover antibiotics can increase antibiotic resistance. Ensure that you take the prescribed dose correctly and complete the whole course of treatment. You should not share your antibiotics with another person and you should also discard any leftover antibiotics.
5. Trust in your GP when they suggest that an antibiotic is not the necessary course of treatment for your presentation.

Some examples of bacteria that have already built resistance to certain antibiotics include E. Coli – responsible for many Urinary Tract Infections and Golden Staph – the cause of many skin infections.

The problem belongs to everyone – doctors, communities and individuals. We must ensure that antibiotics are only taken when they are absolutely needed, in the most appropriate way for the shortest period of time.

## 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**

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

## Did you know...? Physiotherapy & Podiatry are also available at Panaceum Seacrest

Podiatrists **Lara Reynolds** and **Yun Jang** offer appointments at our Seacrest practice Mondays and Tuesday mornings.

Physiotherapists **Tom Knight** and **Anna Urwin** are available at Seacrest Wednesday afternoons and Friday mornings.

For all enquiries or to schedule an appointment please contact  
**Panaceum Seacrest** on **9923 9999**

## Travelling Overseas?

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

Dr Elly Sloomans 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**

## Communicating with your Doctor

All communications for the Doctors and practice go through our administration team. This includes all emails, faxes and phone calls. Our team are there to appropriately direct your enquiry and give a solution where they can. Non urgent messages will be discussed with GPs outside of their consult hours.

Medical enquiries and emergency situations are not suitable to be addressed via electronic communication. We allow up to two business days to action electronic communication including, but not limited to, emails and faxes.

Doctors do not communicate via email directly or any type of social media. Please contact the practice. We are here to help.