

What's New At



MAKING HEALTH CARE EASY

January - March 2020



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

Quit Smoking



Quitting smoking is one of the most important things you can do to reduce your risk of cancer. Tobacco smoke contains more than 7000 chemicals, including over 70 carcinogens (chemicals known to cause cancer).

There are immediate health benefits as soon as you quit smoking, even if you already suffer health problems.

Twelve hours after stopping, almost all nicotine is out of your system with most by-products gone within five days.

After 24 hours, the level of carbon monoxide in your blood has dropped dramatically, meaning your body can take and use oxygen more efficiently.

After two days, your senses of taste and smell start to return. After two months, blood flow to your hands and feet improves. After one year, your risk of heart disease rapidly drops. After 10 years, your risk of lung cancer is halved.

Many smokers need to practise quitting several times before they give up for good. Keep trying. Practice helps you plan what to do the next time you get an urge to smoke.

Source: <https://www.cancer.org.au/preventing-cancer/reduce-your-risk/quit-smoking.html>



Staff Member Profile

Name: Dr Samira Potturi

Position: GP Registrar

How long have you been working at Panaceum? I am brand new, since 13th Jan 2020.

What do you enjoy most about working at Panaceum? Love the team. It's a caring, "look after each other" set up.

Favourite thing about Geraldton?
The sea.

What occupies your spare time? At the moment my 5 month old and studying for exams next year. But usually reading and exploring the local restaurants.

Favourite food? I enjoy most vegetarian food.

Ultimate holiday destination?
Europe.

Favourite music?
Bollywood music ;)

Which 3 people; living, fictional or dead would you invite to a dinner party? Living: My Husband, he would be very cross if I chose anyone else in this section! Fictional: I love the character of Charles Butler in Gone with the Wind. I think there would be some interesting dinner conversation. Dead: Mother Theresa...there's a lot about her that inspires me. I would love to have met her.

Quit Smoking – What to remember

- Understanding why you smoke can help in your attempt to quit.
- Get some help and consider using nicotine replacement therapy or prescription medication to help you quit.
- Speak to your GP before you quit if you are taking prescription medications or have experienced mental illness in the past.

Quit Smoking – Where to find help

- Speak to your Doctor.
- Phone the National Quitline 13 78 48 (13 QUIT).
- Visit www.quitbecauseyoucan.org.au

Quit Smoking – Coping with Recovery Symptoms

The first few days of quitting can be the hardest, as you may feel tired, irritable and tense. After about one to two weeks most of these symptoms will disappear. To cope with cravings try the 4 D's:

Delay acting on the urge to smoke. After 5 min, the urge will weaken.

Deeply and slowly breathe in and out, and repeat 3 times.

Drink water, sipping slowly, holding it in the mouth to savour the taste.

Do something else. Listen to music, exercise or talk to a friend.

Back to School – Does your child need a foot check up with a Podiatrist?

Children's feet are always on the move. Whether your child is standing, sitting, walking, running or skipping; their feet are on the move and growing! Your children's feet will spend most of their growth period in school. It is important to ensure you have good advice on school shoes and that your child has the correct fit in length and width. Your child needs about 1cm of growing room between the longest toe and the top end of the shoe. Your child's growing feet should not be squashed.



A check up with a Podiatrist is recommended if your child complains about sore feet or if you notice changes, such as uneven shoe wear, hard skin, lumps or bumps on the feet. Recurrent pain in the feet or legs is not normal and needs to be checked out. If you have any concerns about your child's foot health seek help from one of the Podiatrists at Panaceum Group.

FUN FACT: Most people have one foot that is larger than the other. Make sure both feet are measured and fit your shoes to the larger foot.

DID YOU KNOW? The human foot has 250 000 sweat glands. You should avoid shoes made from synthetic materials, as children's feet perspire and need to be able to breathe.

Call **Panaceum Seacrest** on **9923 9999** or **Panaceum Allied Health** on **9920 8151**. Alternatively you can book online via our website <http://www.panaceum.com.au> or the Appointuit app.

Check out the Panaceum Website

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.](#)

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**

Women's Strength & Conditioning Classes

(Antenatal, Postnatal or Graded Return to Exercise)

Low impact circuit training aimed at improving strength, fitness and flexibility perfect for antenatal or postnatal women who wish to return to exercise.

Classes are guided by a female Physiotherapist and consist of pelvic floor friendly, individualised gym-based exercises enabling you to achieve your exercise goals.

Monday 10.30-11.30am
Thursday 1.00-2.00pm

All participants are required to attend an individual Physiotherapy consult with Liz White prior to commencing to identify strengths, weaknesses and personal goals.

Private Health Fund rebatable

For more information please contact the **Panaceum Injury Management & Fitness Centre** on **9920 8151** or sent an email to rehabcentre@panaceum.com.au

Panaceum Saturday Clinic



8.30am - 12.00pm

Important Information:

- One doctor only
- Limited pre-booking, most appointments reserved for urgent on the day service
- No nursing service
- Limited administration service, restricted to Saturday Clinic only
- \$100 fee for appointments, Medicare rebate applies