



ADVICE FROM YOUR FAMILY DOCTOR

Dr Arash Vijedsamiei from Mount Kuring-Gai Medical Centre (MKMC) talks about preventive health this November.

Dr Arash says: "As men we are well known for delaying going to the doctors. Let's change it this November and focus more on preventive health for men."



Dr Arash Vijedsamiei

Here are 10 FAQ on preventive health checks you need to think of, by Dr Arash Vajedsamiei.

He talks about Diabetes, heart disease and colon cancer checks.

Regarding DIABETIC CHECKS:

1.) Dr Arash, how big a problem is Diabetes in Australia?

Diabetes is a very common issue in Australia. One in two people have diabetes that is not diagnosed.

2.) When should someone start screening for Diabetes? And how often?

A patient can be checked for diabetes risk when they turn 40 or even earlier if there are any risks like positive family history for diabetes or obesity. Then re-check every 2-3 years.

3.) Who is most at risk of getting diabetes?

If you have a family history of Diabetes, being overweight and being on certain medications like steroids can all increase your risk. Anyone can develop Diabetes at any time. It can easily be diagnosed and controlled before it causes permanent damage. Sometimes the treatment is as simple as diet and exercise, if you find this early enough.

Regarding HEART HEALTH CHECKS:

4.) What is the best way to identify early heart disease?

Dr Arash says that the best way is regular checks with your GP in accordance with the Heart Foundation guidelines. The heart health checks are for 45-75 year old patients.

5.) How often should you visit a GP for heart health check?

A regular yearly check is required for optimal benefit.

Regarding COLON CANCER CHECKS:

6.) When should someone think of bowel cancer screening?

Bowel screening starts at age 50 or even earlier if there is any known risk. If you have a family history of bowel cancer, then you should start the checks 10 years prior to the age of diagnosis of your family member.

How to BOOK and reminders for HEALTH CHECKS:

7.) Will I get a reminder from MKMC about my health checks?

If you are a registered patient at MKMC you will get regular reminders for health checks. Every year we find new cases of early diseases through these screening programmes and most of them are curable or controllable because of early diagnosis.

8.) Is there a fee for this service?

There is no cost to the patient. This is a valuable preventative service offered to our local community by Mount Kuring Gai Medical Centre.

9.) What is the best way to book a screening health check at MKMC?

It is best to do only one health assessment at a time to get the best benefit. You need to call and mention the assessment you require. Health assessment is a well-planned programme and needs nursing time and doctor time to be allocated together.

10.) What are the preventative health checks offered by Mount Kuring-Gai Medical Centre?

A comprehensive list of of preventive health checks are offered at Mount Kuring-Gai Medical Centre. The Centre is open 7 days a week, including public holidays.

MKMC offers: 1. Diabetic checks, 2. Heart health assessments, 3. Colon cancer checks and 4. Checks for prostate issues and 5. Sleep apnoea screening tests and home sleep studies.

Take home message from Dr Arash: Don't put off your health screening.

Prevention is the best medicine and it costs you nothing!

CALL US ON 9457 7588 or book online www.mkmc.com.au

This information is a general education guide only and not a tailored treatment plan. Treatment and follow up options for patients vary markedly between individual patients. For your own health assessment and advice you need to consult your doctor.



FRIDAY EVENINGS BAREFOOT + SPEED BOWLS AT WARRAWEE!

Every Friday evening from 5pm, Warrawee Bowling Club will be hosting **Barefoot and Speed Bowls** for families or friends of all ages and all skills.

Speed Bowls will be fun 1-hour, 10-end games. Barefoot Bowls can be longer or shorter games, or just practice for fun.

It's only \$15 to bowl until Sundown, including bowls of all sizes to borrow. Book now on 9489 1092

There's a great bar and super snacks! Plenty of parking at the Club (1479 Pacific Highway, Warrawee) or in Heydon Avenue. **BOOK** your Friday evening Barefoot + Speed Bowls at Warrawee now on 9489 1092.

1300 HOME GP AFTER HOURS GP SERVICES

AFTER HOURS SERVICES 1300HOME GP or 87246300

PROVIDING AFTER HOURS SERVICES TO THE COWAN, BROOKLYN, AND WISEMANS FERRY AREA.

<p>COWAN AND BROOKLYN RESIDENTS</p> <p>Sydney Medical Services Cooperative LTD will be providing home visits between the hours:</p> <p>Monday to Friday: 6pm-12am Saturday: 12pm-12am Sunday: 8am-12am</p>	<p>WISEMANS FERRY RESIDENTS</p> <p>Provide call centre advice and if medically necessary, access to a GP phone consultation.</p> <p>Monday to Friday: 6pm-12am Saturday: 12pm-12am Sunday: 8am-12am</p>
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