

FORSYTH PARK MEDICAL CENTRE

Volume 2 Issue 6
April/May 2017

OPENING HOURS

Monday- 8am - 10pm
Tuesday- 8am - 10pm
Wednesday- 8am - 10pm
Thursday- 8am - 10pm
Friday- 8am - 10pm
Saturday- 9am - 5pm
Sunday- 9am - 5pm

*All opening hours are subject to doctor availability. Please call to confirm opening times.

WELCOMING DR JACOB AWOTWI

Known as Dr Jacob, our newest recruit is originally from the UK. He graduated with an MBBS from Norwich, UK in 2011, He gained his membership of the Royal College of General Practitioners in 2016 and is also a member of the Royal Australian College of GPs. Dr Jacob believes in being a great generalist but also has a special interest in men's health, paediatrics, mental health, elderly care and chronic disease management.

Seasonal Flu Vaccines

Seasonal flu vaccines are now available for eligible patients. The flu (influenza) is caused by a viral infection that is easily spread from person to person. The flu is a serious condition, and complications arising from the flu can be debilitating and potentially life threatening. Symptoms of the flu include fever, muscle and joint pains, chills, sore throat and headaches. These symptoms can last 1-2 weeks.

Your best protection against the flu is to get vaccinated. Getting a Flu Shot early, before the height of the flu season can result in a drastically reduced risk of becoming infected and spreading the virus to others. Book your Flu Shot appointment today to be vaccinated by a qualified healthcare professional and "Arm Up" against the flu!

"Arm up against the flu!"

NURSE RUN PAP SMEAR CLINIC

Did you know that around 90% of cervical cancers can be prevented with regular Pap test? But fear the embarrassment, making many women avoid having them.

Cervical cancer is one of few cancers that can be largely prevented through screening (Pap tests), yet over a third of women do not have them regularly. Most women diagnosed with cervical cancer have not had regular Pap tests. Having a Pap test every two years is the best way women can protect themselves against cervical cancer. Forsyth Park Medical Centre is now running nurse run pap smear clinics held on Saturdays for working women who can't





Contact Us

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make appointments during business hours. There will be little to no wait and you will be taken care of by our lovely nurse Alisha, who will answer all your questions.

The clinic will run on Saturday's from the 22nd of April between 9:00am to 12:00pm and are by appointment only.

MEASLES WARNING

Measles cases are on the rise in Australia. The latest outbreak in Western Sydney where 19 people have been infected. Measles is highly contagious and is spread in the air through coughing or sneezing by someone who is unwell with the disease.

Symptoms of measles include fever, sore eyes and a cough, followed three or four days later by a red, blotchy rash spreading from the head and neck to the rest of the body. People with measles symptoms should seek medical advice as soon as possible, stay home from work or school, and limit other activities to avoid exposing other vulnerable people, such as infants, to the infection.

Unless you are certain you have had two doses of measles vaccine, you should visit your GP as soon as possible for free measles vaccination, as it is safe to have it again.

The number of notifications since the beginning of 2017 is higher than the same period in 2015 and 2016, but similar to 2014 when a large number of cases were linked to an outbreak of measles in The Philippines following Cyclone Haiyan.

Measles is best prevented by the measles, mumps and rubella (MMR) combination vaccine or the measles, mumps, rubella and varicella (MMRV) combination vaccine. Almost all people who have 2 doses of a measles-containing vaccine will be protected against measles.

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RECEIPE OF THE MONTH!

CHARGRILLED FISH WITH GREEN CHILLI, CORIANDER AND COCONUT RELISH



Ingredients (makes 4 servings):

- 1 small red onion, finely chopped
- 1 teaspoon finely grated fresh ginger
- 1 teaspoon mustard seeds
- 20g (1/4 cup) shredded coconut
- 1 truss tomato, seeded, finely chopped
- 1 long fresh green chilli, seeded, thinly sliced
- 1/4 cup chopped fresh coriander
- 1 tablespoon lime juice
- Pinch of caster sugar
- 4 (about 150g each) firm white fish fillets
- Steamed green beans, to serve
- Steamed asparagus, to serve

Instructions:

- Heat a frying pan over medium heat. Spray with oil. Stir in the onion for 5 minutes or until soft. Stir in the ginger and mustard seeds for 30 seconds or until aromatic. Stir in the coconut for 1-2 minutes or until light golden. Transfer to a bowl. Set aside to cool slightly. Stir in the tomato, chilli, coriander, lime juice and sugar.
- Preheat a barbecue grill or chargrill on high. Spray the fish with oil. Cook on grill for 2-3 minutes each side or until golden and fish flakes easily when tested with a fork.
- Divide the steamed vegetables among plates. Top with the fish and a spoonful of the coconut mixture.

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