

15 Tennyson Rd (cnr Herbert St)
Mortlake NSW 2317
Ph 8765 0777
Fax 8765 0772
www.medplaza.com.au

MedPlaza
YOUR FAMILY DOCTOR

Appointments
call 8765 0777
or book online
www.medplaza.com.au
or via HealthEngine

Spring 2024

General Practitioners:

Dr Maria Dias

MBBS (NSW), FRACGP

Dr Michelle Doan-Vance

MBBS (Syd), FRACGP

Dr Rocky Gamage

MBBS, FRACGP

Dr Jeremy Nguyen

MBBS (NSW), FRACGP

Dr Marek Steiner

MBBS (Syd), FRACGP

Dr Marina William

MBBS (WSyd), FRACGP

(on maternity leave)

Dr Amy Yip

BMed (Newc)

Dr Ying Shi Zhou

MBBS (Newc), FRACGP

Specialist Paediatrician:

Dr Tony Liu

MBBS (Syd), FRACP

Aviation Medicine:

Dr Marek Steiner

MBBS, DAME (CASA)

Practice Nurses

RN Soo Lee

RN Sophia Qiu

Practice Manager:

Mrs Kes Steiner

BEng(Civil), MBA

Opening Hours:

Mon-Fri 8am - 5.00pm

Sat, Sun & PH closed

AFTER HOURS BULK

BILLED HOME VISITS

Ph 13 74 25 (Home Drs)

Ph 8724 6300 (Syd Med Service)

In an emergency

call 000

MedPlaza is using the HealthEngine service for online appointments and reminders

Booking Appointments

Can be done from our website www.medplaza.com.au—Book button in top right hand corner which will open a page with available appointments utilising the HealthEngine booking widget.

You can also search for our practice on healthengine.com.au - just type in Medplaza in the search box.

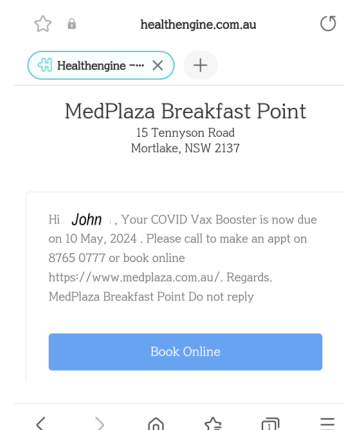
Regardless whether you have booked your appointment online or via phone with reception you will receive 2 SMS text messages with reminders prior to your appointment.

Reminders

We are utilising HealthEngine facilities to send clinical reminders to our patients. These may be reminders about

- Vaccinations that are due
- Prolia/Hormonal injections
- Clinical reviews
- Follow ups

The reminder will be a SMS text message such as



After clicking the link which is safe you will see the text of the reminder, e.g.



MedPlazaBreakfastPoint for updates and news

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Allied Health Partners by Appointment:

Dietitian:

Ms Jutta Wright
APD, MAppSc, MNutDiet
Thursdays by Appt

Exercise Physiology & Clinical Gym:

MedGymLocal

Hours:

Mon – Fri
8.00am - 3.00pm

Ph: 0451 886 773
medgymlocal.com.au

Podiatry:

Callista Podiatry

Tue, Wed, Fri

By Appt

callistapodiatry.com.au

Laverty Pathology Collection Centre

Onsite - level 1

No appointment required

Pathology Hours:

Mon – Fri
8.00am - 3.00pm
Sat, Sun & PH closed

Ph: 9005 7000
www.laverty.com.au

MedPlaza
is an accredited Yellow
Fever Vaccination clinic
and provides full service
travel medicine advice.

Vaccinations for patients aged 65+

There are a number of vaccinations that are available to patients aged 65 and over. Because there has been so much focus on COVID-19 vaccinations over the last few years, many other vaccinations can be easily missed.

For those aged 65 and over, the Government funds the following vaccinations:

- Flu vaccination yearly, typically available from April
- A course of 2 Shingles vaccinations (Shingrix)

Additionally after turning 70 years of age:

- A single dose of pneumococcal vaccination (Prevenar)

In regards to COVID-19 Vaccinations, the current recommendation is as follows:

- If aged 65-74 – Yearly
- If aged 75 and over then 6-Monthly

Shingles

Shingles can be a debilitating condition which is the result of reactivation of the varicella-zoster virus. Once a person has had chickenpox this virus lies dormant and waits for an opportune moment to reactivate usually as a blistering, painful rash. One of the complications is ongoing chronic neuropathic pain (burning, lancing) that can last months to years. Some of our patients have already had the previously available Zostavax vaccine which while useful was mainly for the prevention of after-shingles pain. This vaccine is now superseded with Shingrix which is a much improved vaccine that also prevents shingles in the first place. The down side is that 2 doses are required usually about 2-6 months apart. We will send a reminder four months after your first dose.

Pneumococcal Disease

Pneumococcal infection can result in a very serious illness including pneumonia, meningitis, sinus and ear infections. Previously, we have vaccinated with a different vaccine Pneumovax23 but now we have moved to Prevenar. Even if you have received the Pneumovax23 vaccination you can have Prevenar after 1 year. This is a once off vaccination. Also previously it was limited to those aged 70-79 but now it is available to all patients over 69.

Flu vaccination

It is never too late to have your annual flu vaccinations as we often have an increase in flu late in the season.

COVID-19 Vaccination

No longer a limited course vaccination, COVID has become ever present with repeating peaks or waves every 3-4 months. Most recently we have been dealing with the FLiRT and FLuQE variants of the COVID omicron virus. There have been high numbers of transmission during the Northern hemisphere summer season. And with the return of many travellers from Europe and America, COVID infections are starting to rise here as well. While COVID-19 over time has become much milder, some people particularly those with other medical conditions and over the age of 75 are particularly at risk of complications.

For more information see our website www.medplaza.com.au