



Dr Dan's Medical Clinic Newsletter

ISSUE 5 – August

STOP FRACTURE Study

The STOP FRACTURE study is an Australian initiative, led by a team of medical professionals. Its primary goal is to minimise the risk of fractures in individuals grappling with osteoporosis.

To join the study, your physician will refer you to Onero, an innovative exercise training program. Onero has been demonstrated to bolster bone density and curb the incidence of fractures. By participating in this study, patients are presented with an opportunity to proactively manage their bone health through lifestyle interventions rather than just medication.

If you suffer with a bone condition such as osteoporosis or osteopenia, you may be eligible to participate! We encourage you to make an appointment with your GP to discuss if this could be right for you. More information is also available at <https://theboneclinic.com/au/onero>

Welcome to Issue 5 of the Dr Dan's Medical Clinic Newsletter.

Dear valued patients,

Thank you for taking the time to read our 5th edition of Dr Dan's Medical Clinic Newsletter! Our team at the clinic is endlessly grateful for your support.

As most of us eagerly await the end of winter, we thought we'd start this issue with a joke to lighten the mood!

A pirate goes to the doctor and says, "I have moles on me back aaarrghh."

The doctor says, "It's ok, they're benign. The pirates responds, "Count again, I think there be ten!"

<https://jokesoftheday.net/joke-12-pirate-jokes-/20230531970>

We hope you enjoyed!

The Team at Dr Dan's

Electronic prescriptions



eScripts

At the clinic we are now encouraging our patients to try out escripts! Escripts, also known as electronic prescriptions, are digital alternative to the traditional paper prescription. Making the change to an escript will help the clinic to save paper and reduce our overall environmental impact.

How it works is your doctor will send you a link via SMS or email containing a unique QR code. This is known as a digital 'token', which serves as your prescription.

At the pharmacy, the pharmacist will scan this token to access your prescription and provide you with your medication. If you have a repeat prescription, the pharmacist will send you a new token for it by SMS or email, once your original token has been scanned and dispensed.

<https://www.healthdirect.gov.au/escript-electronic-prescription>

Health Awareness Dates Coming Up...

2nd August – Jeans for Genes Day

9th August – Red Nose Day

31st August – Daffodil Day

12th September – R U OK? Day

Month of October – Breast Cancer Awareness

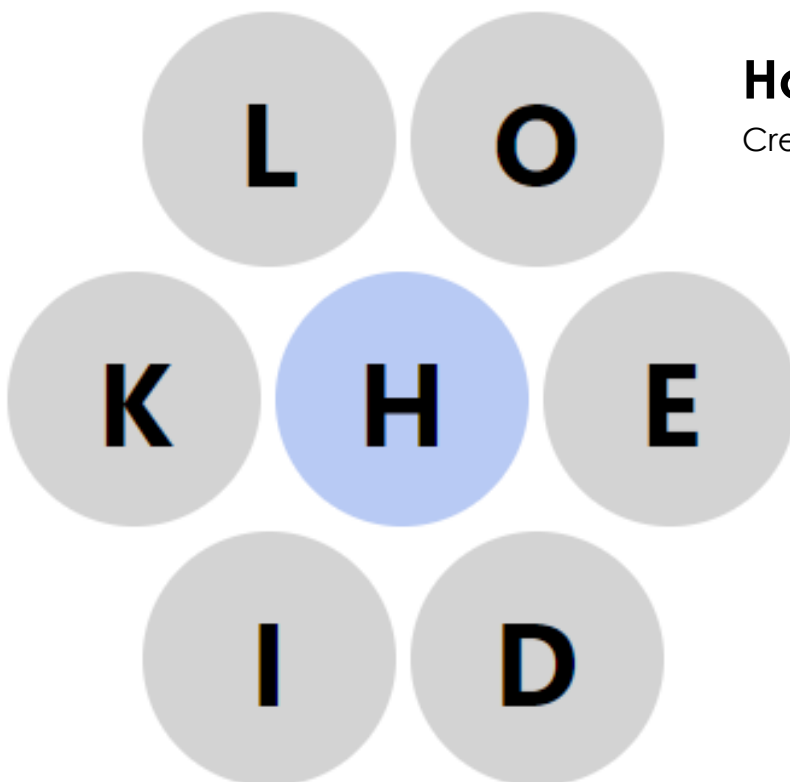


Health Assessments

A health assessment is a comprehensive evaluation of your overall health and well-being. It is especially important for patients aged 75 and older, as it provides your doctor with an updated picture of your health. During the assessment, our medical staff will review your current immunisation status, recent medication schedule, and other important health measures, all with the intention of improving your current and future care.

Furthermore, it gives you and our other patients the opportunity to access services that you may be eligible for but not currently benefitting from. Please get in contact with our helpful reception staff to organise your annual health

assessment today! <https://www.practiceassist.com.au/PracticeAssist/media/Toolkit/Medicare%20Benefits%20Schedule/MBS-Health-Assessments-for-people-75-and-over-April-2022.pdf>



How to Play Spelling Bee

Create words using letters from the hive.

- Words must contain at least 4 letters.
- Words must include the centre letter.
- Our word list does not include words that are obscure, hyphenated, or proper nouns.
- No cussing either, sorry.
- Letters can be used more than once.

hooked	holed	hiked	hell
hook	hole	hike	held
hoodoo	hold	hied	heeled
hoodie	hoke	hide	heel
likellhood	hooded	hoed	heeded
hood	hill	hellhole	Heed

Answers