



Dr Dan's Medical Clinic Newsletter

ISSUE 6 – November Pneumonia Vaccines

PNEUMONIA IS A COMMON AND POTENTIALLY FATAL LUNG INFECTION THAT SHOULD NOT BE UNDERESTIMATED. (Lung Foundation Australia)

Are you a First Nations person 50 or over or non-First Nations 70+ years of age?

If so, are you up to date with your pneumonia vaccination?

As we age our immune systems become weaker and this is made even worse if you are a smoker or have a chronic health condition like diabetes.

Dr Dan's Medical Clinic would like to see as many eligible patients as possible vaccinated and to that end you may receive a phone call from one of our nurses asking you to book in for a vaccination.

It's just one injection and you're done!

Welcome to Issue 6 of the Dr Dan's Medical Clinic Newsletter.

As we step into November, the holiday season is just around the corner, and it's a perfect time to reflect on the past year. We are incredibly grateful for our dedicated team and the wonderful patients who make our clinic feel like a community.

We are immensely thankful for our dedicated team, whose hard work and commitment make our clinic a welcoming place. Equally, we cherish our patients, who trust and support us every day.

We wish you all, a safe and happy holiday season.

- Dr Dan's Medical Clinic

SUMMER IS NEARLY HERE! Summer is nearly with us and who knows what the weather will throw at us!

On those inevitable hot days its vital that we all keep drinking plenty. Try and avoid sugary drinks which may taste great while drinking them but can leave you feeling hotter later.

Keep a jug of tap water or mineral water in the fridge. Some sugar free cordial can make it more interesting.

Use air conditioning if possible or keep damp face washers in the fridge to wipe you face and hands.

Loose natural (i.e. cotton) fabrics will keep you cooler than manmade fabrics.

Please consider leaving on a high fire danger day, one of the larger shopping centres might the place to go.



Health Awareness Dates Coming Up...

14th Nov – World Diabetes Day

17-23 Nov– National Skin Cancer Action Week

3rd Dec - International Day of People with Disability

4th Jan - World Braille Day

SSNAKES SAFETY IN SUMMER

As the weather gets warmer the snakes are starting to show themselves.

Victoria is home to 27 species of snakes. The majority of these are venomous and potentially dangerous.

Take particular care when bush walking or walking through long grass but always be on guard.

If you are bitten phone 000 immediately and stay as calm as possible. Try to identify or be able to describe the snake.

Yarra Ranges Council will not remove snakes from public land. For snakes on private property, you can contact a licensed snake handler by calling the Department of Environment, Land, Water and Planning on 13 61 86 to get the contact details for a snake handler.

Christmas and New Years Closure

We will be closing the clinic at 1.00PM, on Friday the 20th of December. We will reopen on the 6th of January

We are all looking forward to taking a break and enjoying the holiday period with our friends and family.

We wish all our patients a safe and happy holiday!



Christmas I spy

How to play: Mark how many of each item you can find!

