



# NEWSLETTER

August, 2024

## Julia Creek MPHS



# Dates to Remember

## ALLIED HEALTH VISIT'S

28TH AUG ----- MIDWIFE CLINIC

PH: 0439 451 537 FOR APPOINTMENTS.

26TH - 30TH AUG ----- DR MARY ANDERSON

PH: 4746 4000 FOR APPOINTMENTS.

2ND SEPT ----- PHYSIOTHERAPY  
(TELEHEALTH)

PH: 4746 4000 FOR APPOINTMENTS.

12-13TH SEPT ----- TRUE OUTREACH CLINIC

PH: 4051 3788 FOR APPOINTMENTS.

17TH SEPT ----- SKIN CANCER CLINIC

PH: 1300 754 637 FOR APPOINTMENTS.

18TH SEPT ----- PHYSIOTHERAPY  
(FACE TO FACE)

PH: 4746 4000 FOR APPOINTMENTS.

23RD SEPT ----- OPTOMETRIST

PH: 4746 4000 FOR APPOINTMENTS.

# Recent Events

ELLEN, JIMMY & SYLVIA ATTENDED THE CLONCURRY SCIENCE WEEK LAUNCH WITH ALISSA AND BEVERLEY OUR AIN'S.



# Visiting Physiotherapy Service

**MONTHLY FACE TO FACE CLINICS - NEXT: 18.09.2024**

**MONTHLY TELEHEALTH CLINICS - NEXT: 02.09.2024**

This service is in demand so people may not be seen to at the next available date. Referrals are triaged to help people get seen in order of clinical priority, and we will do our best to have people seen as soon as possible. Appointments are essential.

Please call 4746 4000 and speak to a registered nurse who will write a referral for you. a referral will get you an appointment.

Alternately you contact the community nurse who can also write you a referral. Phone 0447 773 151 or email [communitynurse@mckinlay.qld.gov.au](mailto:communitynurse@mckinlay.qld.gov.au)

Please use this service if you feel you need it. you do not have to see the GP first, referrals are just to help the physio s to triage patients so you can be seen in a timely manner for your specific problem.



**SYLVIA & JAMES**

## Visiting female GP: Dr Mary Anderson

**26TH - 30TH AUGUST**

- Wide range of general practise skills
- Passionate about rural & remote medicine
- Specialising in Women's health including Obstetrics & Gynaecology
- Competent & team spirited emergency department doctor
- Two decades of Australian & International Experience

Please Call 4746 4000 for appointments.

## Sexual Health Screening

**JULIA CREEK MPHS**

We offer **FREE** and **CONFIDENTIAL** sexual health screening conducted by our nurses in our Julia Creek MPHS emergency department, for all ages, sex and orientation.

All results are directly sent to Mount Isa Sexual health to secure your confidentiality.

No appointment necessary, but if you prefer you can call **PH: 4746 4000** to make an appointment.

## Simple steps to reduce your cancer risk:



**DON'T SMOKE**  
Call Quitline  
on 13 78 48



**BE SUNSMART**  
Slip, Slop, Slap,  
Seek and Slide



**MOVE YOUR BODY**  
Be physically active  
every day



**STAY IN SHAPE**  
Aim for a healthy  
body weight



**EAT FOR HEALTH**  
Eat a variety of foods  
and choose plenty  
of fruit, vegetables  
and wholegrains



**LIMIT ALCOHOL**  
Try alcohol free  
days and  
non-alcoholic  
drinks



**KNOW YOUR BODY**  
and see your doctor  
if you notice  
any changes



**PARTICIPATE**  
in cancer  
screening

For more information call **13 11 20** or visit **cancerqld.org.au**

# Finding cancer early in women

**One in two** Queensland women will develop cancer before the age of 85. National screening programs are available to detect breast, cervical and bowel cancer. Cancer screening can help detect cancer early, before it develops, or symptoms occur. The earlier cancer is detected, the better the outcomes and long-term survival.

## SCREENING PROGRAMS FOR WOMEN IN AUSTRALIA

### Breast screening

**Breast cancer affects more Queensland women than any other cancer. Early detection of breast cancer provides the best chance of survival.**

If you are aged between 50-74, it is recommended that you complete a mammogram every two years.

BreastScreen Queensland invites women aged 50-74 years to have a free mammogram every two years, however, women aged 40-49 or 75 and over can also attend.

Their services are offered at multiple locations across Queensland, including purpose-built vehicles to reach women in rural and remote locations. To make an appointment call BreastScreen on **13 20 50** or visit **breastscreen.qld.gov.au**.

As well as screening, it is important to be breast aware. Be familiar with the usual look and feel of your breasts and if you notice any changes see your doctor as soon as possible.

### Cervical screening

**Cervical cancer is one of the most preventable cancers. All women aged 25-74 should have a cervical screening test every five years, even if you have had the HPV vaccine.**

Screening Program (NCSP), the cervical screening test checks for the presence of the human papilloma virus (HPV). You are eligible for your first test when you turn 25 or two years after your last Pap test.

From 1 July 2022, as part of the NCSP, all women and people with a cervix will have the choice to screen using either self-collection (collecting their own sample under the supervision of a health care professional), or a clinician-collected sample.

Talk to your doctor about cervical screening if you are overdue or unsure. Women, or people with a cervix, who have symptoms such as unusual bleeding, discharge and pain should see their health care professional as soon as possible.

For more information visit **cancerscreening.gov.au/cervical** or contact **13 15 56**.

### Bowel cancer

**Bowel cancer is the second most common cause of cancer deaths in Australia. However, if detected early, approximately 90 per cent of cases can be effectively treated.**

The National Bowel Cancer Screening program invites eligible Australians aged between 50-74 to complete a free screening test in the privacy of their own home. If you are over the age of 50, Cancer Council Queensland recommends you are screened for bowel cancer with a faecal occult blood test (FOBT) every two years.

For more information contact the National Bowel Cancer Screening Program on **1800 118 868** or **cancerscreening.gov.au/bowel**

## CURRENT POSITIONS AVAILABLE:

- CASUAL COOK
- CASUAL OPERATIONAL STAFF

Contact Kellie Leon for more information  
PH: 4746 4000

## PATIENT TRAVEL REVIEW

North West Hospital and Health Service is committed to improving our current patient travel arrangements by introducing changes to provide a consistent level of service for our community.

We need your feedback and Input to Improve the patient experience when traveling for care and treatment. please scan the QR code and complete a short survey.



THANK YOU!



**WE WANT YOUR FEEDBACK! PLEASE**  
**SHARE YOUR JULIA CREEK MPHS**  
**EXPERIENCE WITH US.**  
**GOOD OR BAD, IT IS ALL WELCOME.**