

May 2020

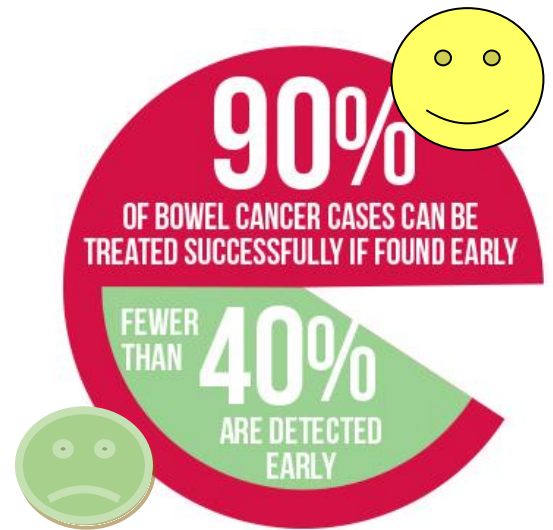
In May-June we'd like to shine a light
on....

Bowel Cancer Awareness and Gut Health.

Bowel cancer can be treated if
detected early, but if left undiagnosed,
it can be fatal.

If you have any concerns about a
change in your bowel habits,
please talk to your GP about it.

For more information go to
www.bowelcanceraustralia.org



Bowel Cancer
AUSTRALIA

Don't hesitate!

COVID-19 UPDATE Remember! STAY SAFE

- Wash your hands and frequently used surfaces often
- Maintain social distancing
- Avoid touching your face, eyes and mouth
- Cover coughs and sneezes with elbow or tissues
- Download the COVID Safe app
- Abide by the National/State Guidelines

**IF YOU HAVE ANY FLU LIKE SYMPTOMS CONTACT
THE MPHS ON 47464000**

TESTING IS THE KEY

Hello Julia Creek Community!

My name is Jess Hogan, I am a physiotherapist based in Mount Isa. I am commencing semi-frequent visits to Julia Creek this year to see anyone with women's health issues.

I have been working in Mount Isa for 3 years, recently starting with North and West Remote Health. I have been treating women's health issues for about 2.5yrs and have decided to do further study in this area to specialise.

What is a women's health issue, you might ask? This is anything to do with your pelvic floor, incontinence (even if it is only when you sneeze!), prolapse, pelvic pain, urgency, urinary frequency and also bowel issues that relate to pelvic floor dysfunction such as constipation or leakage.

How can a physio help? Physios treat muscles all over the body. The pelvic floor consists of muscles as well as a complicated mesh of connective tissue and ligaments, just like other areas of the body like knees and shoulders.

It's not just about strengthening your pelvic floor, it might also be strategies to help you stop rushing to the toilet, to go to the toilet less often, helping with painful intercourse, reducing prolapse symptoms and potentially avoiding some surgeries.

If you think you would like to come and discuss any pelvic floor issues you might be experiencing, or just ask some more questions, please get in contact with us!

You do not need a referral to see me. If you are unsure, you can chat about coming to see me with the GP, Marg the local physio, or the community health nurse who will be able to send your details on.

NWRH- 4744 7600

And remember- bladder leakage might be common, but it is NOT normal!

**JESS HOGAN –
NWRH Women's Health
Physio**



We are very happy to announce that Chelsea Salisbury has recommenced Midwife clinics on a monthly basis.

**Their next visit is Thursday
4 June, 2020**

Call admin at the MPHS on 4746400 for appointments.



Women's Health Clinic

Tuesday 16th June

Mobile Women's Health Nurse

Liz Kennedy.

Call the MPHS on 47464000

for appointments

NWRH clinics May

12 and 13 – Mental Health Professional, Speech Pathologist, Occupational Therapist

20 – Dietician, Podiatrist, Exercise Physiologist

Ph.: 1800221131 for appointments

The next Consumer Advisory Network (CAN) meeting will be held on **Thursday 11 June, 2020**

All community members are welcome. Teleconference is available.

Contact Gina Harrington for details. email: gharrington@reachnet.com.au

Julia Creek MPHS - Emergency Department open 24HRS

Julia Creek Medical Practice open

Mon - Fri: 8:30 - 5:00 Closed 12:30 to 1:30

Sat: 9.00 – 12 noon