

KADINA MEDICAL ASSOCIATES



CHRONICLE

JUNE 2006



2 Mine Street, Kadina

Phone - 88 213 133

Fax - 88 213 223

E-mail - kadmed@kadmed.com.au

Scripts

Please remember to make an appointment to see your doctor at least one week prior to your scripts running out.



X-Rays

If you or any of your family members have had a ultrasound or x-ray taken in the past they may be stored at one of our clinics. These films are your property so please remember to ask the reception staff if you have any films to take home.

After Hours Visits



After hours you may require urgent attention, at these times you may be required to see the on call Doctor at the Wallaroo Hospital.

For these visits we require a gap payment of \$25 for concession card holders, and \$35 for non concession card holders. Please bring your cards with you when you see the doctor.

Ringling for appointments

If you require a non-urgent appointment please call between the hours of 9am and 5pm on weekdays.

This is preferred as there is limited staff available at other times.

Bulk Billing

The Kadina Medical Associates bulk bills standard consults for concession card holders.

For this to happen we are required to sight a current Medicare and Concession card.



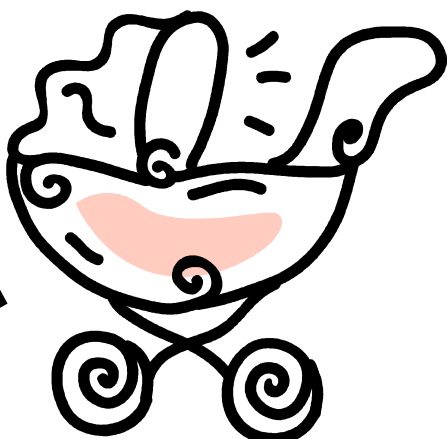
Young Mum's & Mum's-To-Be Group

A support group for young women

Where: Salvation Army Copper Coast
Drain Road
Kadina

When: Alternate Wednesdays
10am - 12pm

Information: Clare Rundle
NYP Health Service
8823 0270



Pre-Anaesthetic Checks

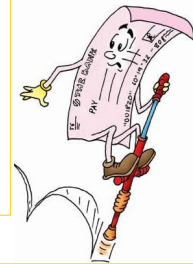
If you are having an operation and require a Pre-Anaesthetic Check you need to make an appointment to see the doctor and to also see the nurses prior to seeing the doctor. Please make this appointment as soon as possible.

Parenting Room

The clinic now has a room set up for parents and young children. For assistance please speak with the reception staff.

Referral Letters

You must take your referral letter with you when you attend your specialists appointment.



Scripts

If you require a prescription from the doctor can you please make sure that your appointment is at least one week prior to your script running out.

Medicare Cheques

Can you please ensure that you bring your Medicare cheques into the clinic ASAP.

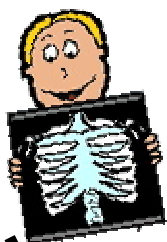


Medicare Rebate

If you have concerns about the length of time it takes for you to receive your rebate back from Medicare you can bring in your bank details and your rebate will be sent direct to your bank account within 4 days.

Account Payment

When paying the full amount of your account on the day you will receive a \$10 discount.



X-Rays & Ultrasound Films

All Films are the property of the patient. Please make sure that you collect all of your current and past x-rays. Please ask at the front desk if you are unsure of anything.



Results

2:30pm - 4:00pm

Please ring on weekdays between the hours of 2:30pm and 4:00pm for the nurse to discuss your results. At all other times the nurse is unavailable.

If more convenient please email us at results@kadmed.com.au



Work Cover

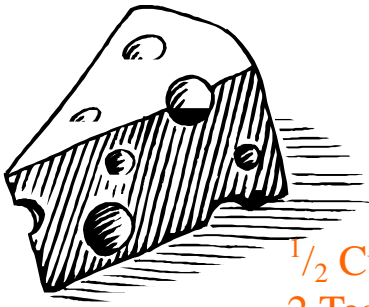
It is a requirement of the Kadina Medical Associates that all unestablished work cover claims are to be paid in full at the time of the visit. Please contact us prior to your appointment for any queries.



Approved claims with an established claim number will be billed directly to work cover as long as full details of the claim are available, such as producing a letter showing claim details from your work cover agent.

If you require assistance with work cover enquiries please ask at the reception desk for any details.

Recipes For Good Health



Hash Browns

Serves: 4

1 Cup Grated Potato

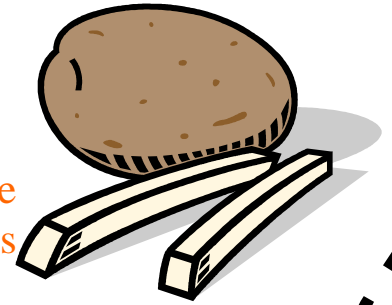
1 Cup Grated Carrot

$\frac{1}{2}$ Cup Grated Reduced Fat Cheese

2 Teaspoons Dried Or Fresh Chives

4 Eggs Beaten Lightly

Canola Or Olive Oil Spray



1. Squeeze excess moisture from grated potato and place in a small bowl with carrot, cheese, chives and egg. Stir well to combine.
2. Spray a non-stick frypan with canola or olive oil spray and place over medium heat. Place spoonfuls of potato mixture in heated frypan and flatten with a spatula.
3. Cook for 2 to 3 minutes, then turn over and cook other side for 2 minutes.
4. Serve hot with grilled tomatoes.

Pumpkin, Honey & Yoghurt Soup

Serves: 4

500g Pumpkin

$\frac{1}{4}$ Cup Pumpkin Seeds

2 Leeks, Washed Well & Sliced

3 Cups Chicken Stock

2 Teaspoons Olive Oil

Black Pepper To Taste

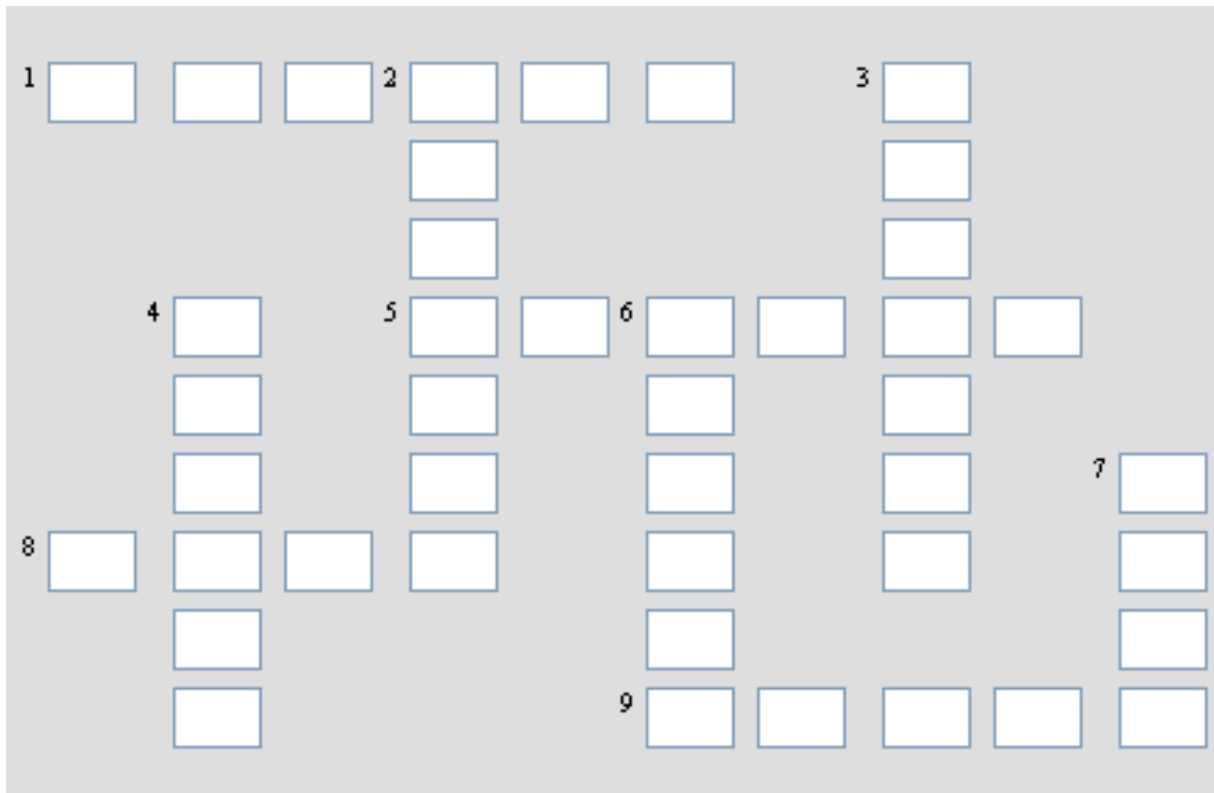
1 Tablespoon Honey

Reduced Fat Natural Yoghurt To Garnish



1. Peel and chop pumpkin into pieces.
2. Heat oil, add leeks, cover and cook over a low heat for 10 minutes.
3. Add stock, pumpkin and honey. Cover and simmer for 20 minutes or until pumpkin is tender. Puree.
4. Reheat and season with black pepper and pumpkin seeds.
5. Serve with a dollop of natural yoghurt and crusty bread.

Vegetable Crossword Puzzle



Across

1. Some are used to make hot sauce. Some aren't hot at all.
5. You can bake, mash or fry it.
8. Soy ____ is widely cultivated for its nutritious seeds.
9. You often cry when you cut it.

Down

2. You can make a Jack-O-Lantern with this vegetable.
3. It's a green leaf used in salads and hamburgers.
4. It's a high-fibre, stringy stalk, used in soups or salads.
6. You cook it to prepare red sauce.
7. Many people eat ____ flakes for breakfast.

Notice To All Patients

Your Personal Health Information and your Medical Record may be collected, used and disclosed for the following reasons:

- For communicating relevant information with other treating doctors, specialists or allied health professionals
- For follow up reminder / recall notices
- Accounting/Medicare/Health Insurance procedures
- Quality Assurance activities such as accreditation
- For disease notification as required by law (e.g. infectious diseases)
- For use by all doctors in this group practice when consulting with you
- For legally related disclosure as required by a court of law (e.g. subpoena, court order, suspected child abuse)
- For research purposes (de-identified, meaning you are not able to be identified from the information given)

If you have any concerns or wish to restrict access to your personal health information please discuss these with your doctor or receptionist.

This practice adheres to principles of the RACGP Handbook for the Management of Health Information in Private Medical Practice and has a written policy, which is available to all patients for inspection.

