



## Have you had your “Healthy Heart Check”?

Cass is our 2018 Heart Foundation Nurse Ambassador supported by the Heart Foundation to promote ‘A Healthy Heart’.

A heart and stroke check is available for people aged between 45 and 50 years (35 years and over for Aboriginal and Torres Strait Islander people).

Having a heart attack or a stroke will have a major impact on yours and your loved ones lives. Preventative measures are most important when reducing risk factors associated with heart attack and stroke.

You can book a comprehensive health check with our Chronic Disease Nurse, Cass (pictured), to discuss risk factors such as smoking, blood pressure, cholesterol, physical activity, nutrition and lifestyle.

Cass can assist you with resources, education and support to reduce your risk factors.

For further information or to book an appointment, please phone 1300 GPCARE (1300 472 273).

## Welcome Dr Tim Quek



Dr Tim Quek is one of our GP registrars. He holds a Biomed (Hons) degree and studied medicine at Flinders University. Since graduating, he has had experience as a physician trainee and now as a GP registrar.

His professional interests includes general dermatology, skin cancer, adult medicine as well as cosmetic medicine.

For an appointment with Dr Tim Quek or one of our other general practitioners, please phone 1300 GPCARE (1300 472 273) or book on-line at [www.gpcare.org.au](http://www.gpcare.org.au)

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GPcare  
General Practice

**NEW PATIENTS  
WELCOME**

**SAME DAY  
APPOINTMENTS  
AVAILABLE**

Enquire within or call  
**1300 GPCARE**  
[www.gpcare.org.au](http://www.gpcare.org.au)



## In the Spotlight . . . Dr Angela Travis

Did you know that Dr Angela Travis is a keen Photographer? She has a passion for landscapes, seascapes, night photography, the natural world and heritage locations.

It has always been a dream of Angela's to pursue photography and she has made time, amongst her busy schedule, to make this dream a reality. She was lucky enough to spend a week in the outback with Australia's own internationally recognised landscape photographer Ken Duncan.

If you would like to view more of Angela's photography please visit her website: [www.angelatravisphotography.com](http://www.angelatravisphotography.com)



## Adelaide Hand & Upper Limb Physiotherapy



**Helen Burfield** is now consulting at Summit Health Centre. Helen is a Physiotherapist with over 30 years' experience as a Hand and Upper Limb Therapist.

Helen's specific areas of expertise include the treatment of all hand, wrist, elbow and shoulder disorders/injuries, cervical and thoracic outlet and upper limb neural complaints.

Helen has a particular interest in treating Tennis or Golfer's Elbow for which she makes custom made rotational braces and uses new techniques in treating these often stubborn conditions.

To make an appointment or for more information including fees and rebates, please contact Helen directly on 0417 826 595 or through her website:

[adelaide-hand-and-upper-limb-physiotherapy.cliniko.com/](http://adelaide-hand-and-upper-limb-physiotherapy.cliniko.com/)

### GPcare General Practice

#### Book online 24/7

Book online at [gpcare.org.au](http://gpcare.org.au) or by scanning the QR code below. You can also download the HotDoc app or visit their website [hotdoc.com.au](http://hotdoc.com.au)



Some of our GPcare Doctors as well as other GPs from local Practices are taking part in a community health program on Hills Radio 88.9FM.

Listen to Chris 'Crash' Carpenter at 9.30am on the first Tuesday of the month for health chat and information about a variety of health topics. Keep an eye on our facebook page for information on each topic you can submit a question in advance.



Endometriosis is a common disease in which tissue similar to the lining of the womb grows outside it in other parts of a woman's body. 10% of women suffer with endometriosis at some point in their life. A common symptom is pelvic pain and Endometriosis can damage fertility.

**Join in the yellow movement and start a conversation about endometriosis – challenge yourself to incorporate yellow into your daily wardrobe throughout March.**

**Get your workplace involved and have a yellow clothing day on Friday 9th March 2018**

To Donate please visit [www.marchintoyellow.org.au/](http://www.marchintoyellow.org.au/)  
#MarchintoYellow #endoaustralia

**Life Without Barriers**  
Alcohol and other drug  
counselling service

**WE'VE GOT  
YOUR BACK**

**Life Without Barriers' Drug and Alcohol Counselling Service** provides one-on-one individualised counselling and group sessions to people with identifiable alcohol and/or other drugs dependency and/or concerned parents or significant others.

Individuals accessing the service can either refer themselves, get referred by their GP, Health Services, Mental Health Services, Police, Alcohol & Drug Information Service (ADIS), Disability Service and other Community Organisations.

For further information please visit the web address below:

[www.lwb.org.au/about-us/news-and-events/alcohol-and-other-drug-counselling/](http://www.lwb.org.au/about-us/news-and-events/alcohol-and-other-drug-counselling/)

**GPcare on facebook**

Keep up to date with the latest GPcare news and health information by liking our facebook page.

[www.facebook.com/gpcareGeneralPractice](http://www.facebook.com/gpcareGeneralPractice)



Introducing Dr Heather Waterfall to the Adelaide Hills Community

**Dr Heather Waterfall**

BAPSci (Med Rad) MBBS (Hons) FRANZCOG



Dr Waterfall is a Specialist Obstetrician and Gynaecologist, providing care for women through all stages of their life, including pre-conception, pregnancy, childbirth and postnatally, as well as during and after menopause.

Her areas of expertise include pregnancy management, abnormal pap smears / colposcopy, pelvic pain, contraception, pelvic floor dysfunction, abnormal bleeding and menopause management.

Having completed her medical degree at the University of Queensland, Dr Waterfall moved to Adelaide for her Obstetrics/ Gynaecology training. Her final two years of training focused on urogynaecology, prolapse and advanced laparoscopy, including total laparoscopic hysterectomy.

Dr Waterfall is passionate about all aspects of women's health and is excited to be joining the team at Mt Barker, expanding the services that are available to women in the Adelaide Hills and surrounds. She aims to provide expert individualised care to all women. Patient consults will take place at the Mount Barker Hospital.

Please see your GP for a referral to Dr Waterfall.

To discuss an appointment with Dr Waterfall:

Phone: (08) 8406 7786 / Fax: (08) 8406 7799

Alternatively, you can visit the website below to get in touch with Dr Waterfall via an online form:

[www.drheatherwaterfall.com/](http://www.drheatherwaterfall.com/)

**World Autism Day April 2nd**

April is the start of Autism Awareness Month in Australia and Autism Queensland's annual Go Blue for Autism fundraising campaign.



For more information call 07 3273 0035 or email:

[donations@autismqld.com.au](mailto:donations@autismqld.com.au) [www.goblueforautism.com.au](http://www.goblueforautism.com.au)

## Services available at GPcare

- Annual Health Checks
- Care Plans
- Children's Health
- Cryotherapy
- Driver's Licence/Employment Medicals
- ECG's
- Full Body Skin Checks
- Immunisations
- INR Management
- Mental Health Care Plans
- Mirena Insertion & Removal
- Onsite Cardiac Assessment
- Onsite Emergency Care
- Plastering and Ongoing Care
- Removal of Foreign Bodies
- Respiratory Checks
- Spirometry Testing
- Suturing
- Venepuncture
- Women's Health
- Wound Care & Dressings
- Blood Transfusion
- Cervical Screening Test
- Chronic Disease Management
- Diabetes & Asthma Plans
- Ear Syringing
- Enhanced Primary Care Plans
- Geriatric Health
- Implanon Insertion & Removal
- IV Therapy/Antibiotics
- Men's Health
- My Health Record
- Obstetrics
- Procedural Pain Management
- Rapid Iron Infusion
- Removal of Skin Lesions
- Specialist Referrals
- Sport's Medicine
- Travel Advice
- Venesection
- Worker's Compensation Cases

## GPcare After Hours Service

GPcare After Hours Service provides the local community with access to general practice services outside of normal business hours. This service has been available for more than 10 years and is coordinated by **Summit Health**.

A core group of local GPs from across the Adelaide Hills work cooperatively to provide their community with urgent after hours medical assistance 7 days a week, 365 days a year when their local GP service may not be available.

The GPcare After Hours Service is provided from both the **Summit Health Centre** and the Mt Barker Hospital.

## After Hours Service Opening Hours

**Monday—Friday 6:00pm—8:00am**

Clinic Location: Mt Barker Hospital

**Saturday 12:00pm—6:00pm**

Clinic Location: Summit Health Centre

**6:00pm—8:00am**

Clinic Location: Mt Barker Hospital

**Sunday/Public Holidays 10:00am—6:00pm**

Clinic Location: Summit Health Centre

**6:00pm—8:00am**

Clinic Location: Mt Barker Hospital



### Dr Chris Say

MB.BS DA Dip. R.A.C.O.G. FACRRM

### Dr Graham Hughes

MB.BS D.R.C.O.G (UK) Grad. Cert. Health (Palliative Care)

### Dr David Warhurst

BMBS BSc(Hons) FACRRM

### Dr Cath Love

MB FRACGP FACRRM

### Dr Angela Travis

BMBS B Med Sc (Hons) FRACGP FACRRM FARGR (Anaes)

### Dr Anna Vnuk

MB.BS DRANZCOG FRACGP MCLinEd EdD FPAACert

### Dr John Arthurson

MB.BS Dip. R.A.C.O.G.

### Dr Naif Saigol

MB.BS

### Dr Ben Moore

Doctor of Medicine

### Dr Tim Quek

BMBS

## Contact Us

GPcare General Practice

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Mount Barker

PO Box 1794

Mount Barker, SA 5251

**1300 472 273**

[www.gpcare.org.au](http://www.gpcare.org.au)

## Opening Hours

