

## Welcome Dr Megan McLaughlin

It is with great pleasure we welcome Dr Megan McLaughlin to the GPcare day practice.

Megan graduated from the University of Adelaide in 2006 and subsequently undertook further training in paediatrics before becoming a GP in 2011.

Megan has worked as a full time GP in the Adelaide Hills over the past 8 years and has particular interests in paediatric and adolescent health, but enjoys all aspects of general practice. Megan is also trained in minor skin excisions and Implanon insertions.

Megan will commence with GPcare on Thursday 31st May working Mondays, Tuesdays, Thursdays and Fridays.

For an appointment with Dr Megan McLaughlin 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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## Mount Barker District Soldiers' Memorial Hospital—GPcare Doctor and Reception Service

GPcare has moved forward with its ongoing commitment to having a Medical Officer based onsite at the Mount Barker District Soldiers' Memorial Hospital.

A GP is now based onsite at the Hospital during weekends and public holidays, fulfilling the request by Country Health SA Local Health Network for a Medical Officer to be onsite 24 hours a day.

GPcare also has a Receptionist service based onsite at the Hospital during the peak periods, comprising of evenings on weekdays and during the day on weekends and public holidays.



Receptionists—Sue and Sally

## Did you know?



GPcare  
General Practice

Is a charitable  
**not-for-profit**  
General Practice

Our practice is one of a  
number of clinical services  
provided by



SUMMIT  
HEALTH

## GPcare Training Practice

GPcare is a training practice.

Medical Students and Registrars are part of the practice.

Registrars are GPs who are fully qualified to see patients. They are undertaking extra training to gain Fellowship of the Royal Australian College of GPs.

Medical Students work with one of our regular doctors. Your permission will be sought before a Medical Student is permitted to be part of the consultation process.

**Drs Naif Saigol, Ben Moore and Tim Quek are our current GPEx Registrars.**

Pictured are Jane Longmire, GPEx Program Training Advisor and Jo Teakle, GPcare Practice Manager.



## Do you suffer from Haemochromatosis?

Haemochromatosis is a genetic disorder affecting approximately 1 in every 200 Caucasian Australians. It is a disorder where a person has a build-up of iron in the body, which the body cannot eliminate. It can result in fatigue, abdominal pain and joint aches, and can eventually result in organ damage.

The standard treatment is a process called venesection, where blood is taken from the body in a way that mirrors donating blood at the blood bank.

Here at GPcare, venesection is offered onsite. It's a quick process usually taking only about half an hour of the patient's time.

We welcome existing and new patients to come in and consult with one of our General Practitioners to find out more.

<https://haemochromatosis.org.au/>



## HEAL™

The Healthy Eating Activity and Lifestyle (HEAL™) program helps people to develop lifelong healthy lifestyle habits. Sharing ideas and asking questions is encouraged.

HEAL™ offers a 2 hour group session each week for 8 weeks involving:

- 1 hour of gentle exercise
- 1 hour of lifestyle education

One-on-one health consultations:

- At the start of the program
- After the 8 weeks of classes
- 5 & 12 months after starting

Exercise sessions involve group exercises that anyone can do. The groups are with friendly, supportive people.

The HEAL™ program will help you to manage your:

- Weight
- Type 2 diabetes
- Heart disease

(including high blood pressure or high cholesterol)

### FOR BOOKINGS AND QUERIES CONTACT:

Gina Hight

HEAL™ Program Administrator

Summit Health Centre

P: 08 8406 7770

F: 08 8406 7799

E: [gina.hight@summithealth.org.au](mailto:gina.hight@summithealth.org.au)

### 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)



## Medical Hypnotherapist

**Dr Marion Andrew** has had 25 years' experience in anaesthesia and treatment of acute pain in obstetrics, paediatrics and the general adult population.



She has 15 years' experience in the practice of hypnotherapy and involvement in clinical research into hypnotherapy. She is a member of the Australian Society of Hypnosis.

### Hypnotherapy

Dr Andrew's special areas of expertise in hypnotherapy include:

- Obstetrics—preparation for labour, natural induction of labour, pain in pregnancy
- Needle Phobia
- Stress and Anxiety
- Self esteem issues
- Tinnitus
- Cessation of smoking or other unwanted habits
- Weight loss

### Appointments, Fees and Rebates:

For more information regarding fees or to make an appointment please contact Dr Andrew:

P: 0417 876 705

E: [mand86@bigpond.com](mailto:mand86@bigpond.com)

### 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)



## BreastScreenSA at the Summit Health Centre

BreastScreen SA provides free breast cancer screening through fixed clinics in the Adelaide metropolitan area, and mobile screening units that visit 34 locations across the state. These accredited clinics are accessible, and provide non-threatening and comfortable environments with expertly trained and experienced female staff, who will do their best to ensure every woman receives an efficient and caring service.

**A Mobile Screening Unit will be located at the Summit Health Centre again this year from Tuesday 31st July to Wednesday 19th December.**



It's fantastic to hear that 3,316 women accessed BreastScreen SA

services whilst the Mobile Unit was at the Summit Health Centre in 2016, which included 226 new contacts and that the local participation rate rose from 54.5% to 61.2%.

Appointments for all BreastScreen SA clinics can be made through the central bookings office by phoning 13 20 50.

## My Health Record

My Health Record is the name of the National digital health record system. Having a My Health Record means your important health information like allergies, medical conditions and treatments, medicine details, test or scan reports can be digitally stored in one place. A My Health Record will be created for every Australian unless they choose not to have one.



Healthcare providers like doctors, specialists and hospital staff may be able to see it online from anywhere at any time when they need to, e.g. in an accident or emergency.

If you decide that you don't want a My Health Record created on your behalf, you will have the opportunity to do this during a three-month period. This period will run from 16 July to 15 October 2018. It's not possible to opt out of having a My Health Record before this period starts on 16 July 2018.

For further information, please visit:

[www.myhealthrecord.gov.au/for-you-your-family/howtos/opt-out](http://www.myhealthrecord.gov.au/for-you-your-family/howtos/opt-out)

## 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
- Sports Medicine
- Travel Advice
- Venesection
- Workers' 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—5:00pm**

Clinic Location: Summit Health Centre

**5:00pm—8:00am**

Clinic Location: Mt Barker Hospital

**Sunday/Public Holidays 10:00am—5:00pm**

Clinic Location: Summit Health Centre

**5:00pm—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 Cath Love

MB FRACGP FACRRM

### Dr Megan McLaughlin

MBBS (Adelaide), FRACGP, Diploma of Childhood Health

### 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  
85 Wellington Road  
Mount Barker  
PO Box 1794  
Mount Barker, SA 5251

**1300 472 273**

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

## Opening Hours

Mon-Fri 8:00am—6:00pm

Saturday 9:00am—12:00 noon

