



Your health matters @ General Practice Cremorne (GPC)
Your health matters that's why you choose our practice. Together we can improve your health.

Feb 2014

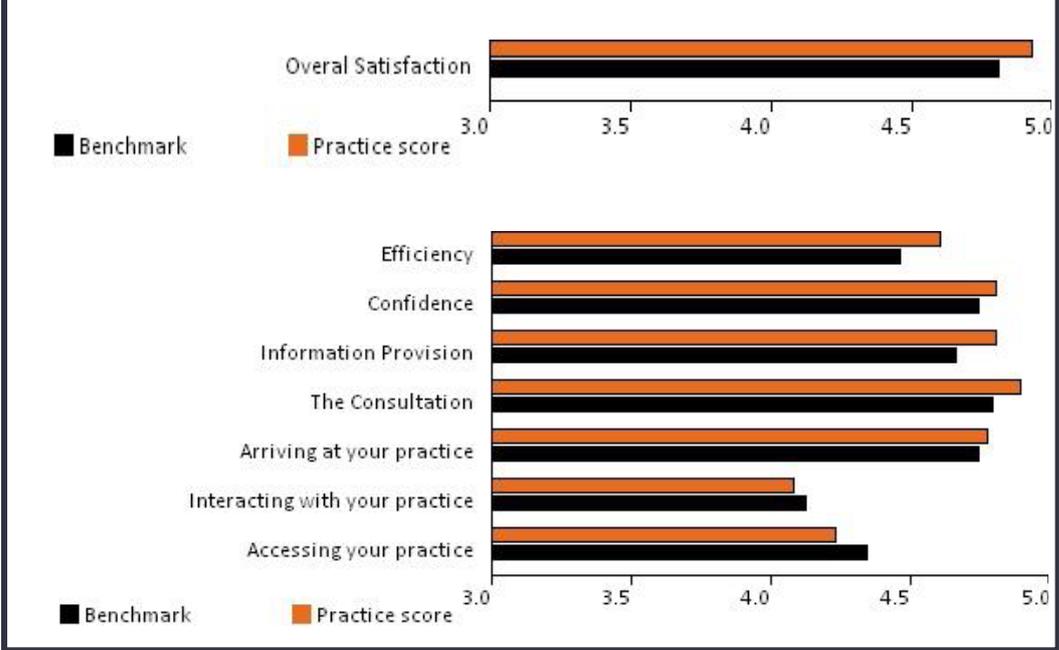
Summer Edition

This Page
 Patient Survey
 CVCP

Patient survey December 2013

In December last year we surveyed some of our patients to help give us feedback on our service provision. We would like to thank all our patients who completed our Patient Survey. Seven domains were assessed and we were Benchmarked against our peers.

Below is a summary of the results and we will provide further feedback on how we can improve in our service delivery in the next edition.



Key Health Event Dates

February

Ovarian Cancer Awareness Month for more information call 1300-660-334

14th Heart Research Day

17-23 Australia's Healthy Weight Week

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Coordinated Veteran Care Program (CVCP)

In 2013 we offered eligible DVA patients access to the CVCP. This program assists patients in better managing their health. **To date 16 patients** have now enrolled in this program. One of our patients has provided us with feedback on how **this program has helped them.**

" We would like to express our thanks to you for your research and programming of available services. These include home nursing, household assistance and the respite availability. Your assistance and organization has overcome difficulties which in turn has made it possible for John to remain at home in his own home environment." (J & H)

If you would like more information on this program speak with your GP or speak with Nurse Sharon who coordinate this program.

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Clinical Focus –Ovarian Cancer

What is ovarian cancer?

Ovarian Cancer is a disease where some of the cells in one or both ovaries start to grow abnormally and develop into cancer.

Symptoms Every woman needs to know the symptoms of ovarian cancer. Make sure you do.

The four most common symptoms of ovarian cancer include:

Abdominal or pelvic pain.

- Increased abdominal size or persistent abdominal bloating.
- Needing to urinate often or urgently.
- Difficulty eating or feeling full quickly.

Speak with your GP or for more information call 1300-660-334 Ovarian Cancer Australia.

Clinical Focus—REDFEB

Heart Disease

Did you know 2 out of 3 Australian families are affected by heart disease!

February could be your opportunity to discuss with your GP the health of your heart.

This February, Heart Research Australia is calling all Australians to join together in the fight against heart disease by participating in Red-Feb fundraising.

For more information go to

<http://www.redfeb.com.au/event/redfebfundraising>

Clinical Focus –

Australia's Healthy Weight Week

17-23rd February

Australia's Healthy Weight Week (AHWW) raises awareness of the importance of achieving and maintaining a healthy weight and a healthy lifestyle.

Do you know your BMI?

BMI stands for Body Mass index. It is used to give you an idea of whether you're **underweight, overweight or an ideal weight for your height**. It's useful to know because if your weight increases or decreases outside of the ideal range, your health risks may increase.

Your GP can assist in achieving a healthy weight. Discuss the options available to you in your next consultation.

GPC News

- GPC updates it website with weekly health events, check our website out for more information.
- GPC will be undergoing a voluntary review of its services "Accreditation" on 26th February 2014 by AGPAL
- Please ensure you update your details at Reception with "Next of Kin" and "In Case of an Emergency." These can be different people.
- Feedback is welcome please send to practicemanager@gpcremorne.com.au

Find us on the web

www.gpcremorne.com.au