



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

**August 2013**

**Spring Edition**

**This Page**  
 Personally Controlled  
 Electronic Health Record

**Key Health Event Dates**

**AUGUST**  
 Daffodil Day is 23rd Aug

**SEPTEMBER**  
 Exercise your mood month  
 R U OK Day? 12th Sept  
 World Alzheimer's day 21st Sept

Check our website for all the links under News Section.

**Personally Controlled Electronic Health Record (PCEHR)**

In 2010 the Federal Government stated it would spend \$466.7 m over two years to create a PCEHR for any Australian who chooses to have one. In July 2012 this vision became a reality.

**WHAT IS A PCEHR?** PCEHR is a secure, electronic record of your medical history, stored and shared in a network of connected systems. The PCEHR will bring key health information from a number of systems together and present it in a single view. You and your authorised healthcare providers will be able to access and make better decisions about your health and treatment advice.

**Before information can be uploaded by your Primary GP you will need to register. Parents can register for children.**



**Inside this issue:**

<b>PCEHR</b>	1
<b>Heart Disease</b>	2
<b>Healthy Bone Week</b>	2
<b>GPC News</b>	2

**3 STEPS INTO SPRING IN 2013 AND HAVE YOUR PCEHR**

**STEP 1**

Ask your GP in your next consultation about the PCEHR. Access the ehealth website and read the consumer information so that you make an informed decision. <http://www.ehealth.gov.au/internet/ehealth/publishing.nsf/Content/faqs-consumer>

**STEP 2**

You need to register for a PCEHR. For more information about how to register go to <http://www.ehealth.gov.au/internet/ehealth/publishing.nsf/content/home>

**STEP 3**

Make a dedicated appointment with your GP so you can decide what information is initially uploaded.

Future uploading is your choice. That's why it's called the PCEHR

*Your health matters that's why you choose **our** practice. Together we can improve **your** health.*

**Clinical Focus –Heart Disease**

**HEART DISEASE**

Each year there are approximately 55,000 heart attacks in Australia.

That is 151 reported heart attacks a day, or one heart attack every 10 minutes.

From the ABS National Health Survey, more than 380,000 Australians have had a heart attack.

For more information on Heart Disease

<http://www.heartfoundation.org.au/Pages/default.aspx>

**Clinical Focus—Heart Disease**

**Get ready for take off ... 8th August 2013**

Last year, Amanda one of our Practice Nurses lost her mother to heart disease and in memory of her mum she has created a web site called

**I LOVE YOU TO THE MOON AND BACK.**

This initiative encourages people to run, walk, swim, cycle and to keep fit and healthy.

What a great initiative and so inspirational. Help her "**get to the moon**" by August 2014 ....**only 768,806 Kilometres**

To register your support and commitment to your health goals go to

[www.iloveyoutothemoonandback.net](http://www.iloveyoutothemoonandback.net)

**Clinical Focus –Healthy Bones week**

**National Healthy Bones Week**

**4th-10th August 2013**

The campaign educates Australians about the importance of developing and maintaining strong bones.

Information about how you can obtain a healthier bone mass through the consumption of a calcium-rich diet including dairy foods.

For more information including

a Dietary Calcium Planner and recipes go to

<http://www.healthybones.com.au/>

**GPC News**

- **GPC updates it website with weekly health events, check our website out for more information.**
- **Patients information is confidential. We are unable to give partners health information unless we have your written consent. If you are asking a partner to collect information we ask them for ID to ensure your privacy.**
- **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](mailto:practicemanager@gpcremorne.com.au)**

**Find us on the web**

[www.gpcremorne.com.au](http://www.gpcremorne.com.au)