

**YOUR COMMUNITY,
YOUR FAMILY,
YOUR HEALTH ...**

**IN
MAY**



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YDHS MONTHLY EVENTS

- Walk and Talk** Wednesdays & Fridays 9.00am Under the palm tree in front of Yarram Medical Centre at YDHS
- Diabetes Education** . . . Thursdays 11.00am-3.00pm . . Baker's
- Dietitian** Tuesdays 10.00am-3.00pm . . Baker's
- Foot Clinic.** Wednesdays 9.00am-3.30pm . . Baker's
- Better Health Management** Next course runs 15/4 – 20/4/09 YDHS Multipurpose Centre Course
- Community Kitchen** . . Tuesdays 10.00am – 12 noon Regent Theatre Supper Room

YOUR YDHS

Refurbishment of YDHS Administration and Allied Health areas:
Visitors to YDHS are reminded that the Commercial Road entrance to the Health Service is now closed. All visitors to YDHS should enter the health service at the Main Entrance via Devon Street. The car park and ramp make for easy access for people of all abilities.

YOUR HEALTH

Healthy Kids Check - Free Health Checks for Kids

The Healthy Kids Check has been introduced for all four year old children who are permanently resident in Australia. This Check is provided once only, before a child enters the primary school system and the service is Bulk Billed, therefore there is no cost to you for this visit.

The purpose of the Healthy Kids Check is to ensure that every four year old child in Australia has a basic health check to see if they are healthy, fit and ready to learn when they start school. It provides an opportunity to:

- Provide parents/guardians with information on healthy habits for life for children
- Receive a copy of Get set 4 Life habits for healthy kids, a resource booklet you can share with the 4 year old child.
- link parents/guardians and children to the primary health care system
- identify any health issues for children prior to starting school
- enable GPs to provide treatment or referral for any conditions identified resulting from the check
- review immunisations

The Check will be undertaken by the Practice Nurse in consultation with the doctor. Contact Yarram Medical Centre on 5182 0333 for more information.

YOUR HEALTH

Flu Vaccination

Free yearly flu vaccinations for patients who are 65 years and over are now available. Influenza immunisation is recommended for any patient that has a chronic disease. Contact Yarram Medical Centre on 5182 0333 to make your appointment.

Good health hygiene practices can greatly reduce the chance you will get the flu or pass it on to others. Protect yourself in the following ways:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the garbage bin after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- If you have the flu, you should avoid public places and close contact with others, especially children.

Go to <http://www.health.vic.gov.au/ideas/diseases/swine-influenza> for more information.

Arthritis and diet

Arthritis is a general term describing over 100 different conditions that cause pain, stiffness and (often) inflammation in one or more joints. Everyone with arthritis can benefit from eating a healthy well balanced diet.

Always seek the advice of your doctor or dietitian before changing your diet in an attempt to treat arthritis. You may be restricting your food intake unnecessarily, or overdosing on products (such as mineral supplements) that may have no impact on your condition at all.

General recommendations

General dietary recommendations for a person with arthritis include:

- Eat a well balanced diet.
- Avoid crash dieting or fasting.
- Increase dietary calcium to reduce the risk of osteoporosis in later life.
- Drink plenty of non-alcoholic fluids.
- Keep your weight within the normal range, by reducing the amount of dietary fats you consume.

Obesity may worsen arthritis symptoms

Being overweight does affect people with arthritis. There is also a clear link between being overweight and an increased risk of developing osteoarthritis.

To lose excess weight, you must be active. See your doctor, dietitian or health professional for information and advice.