

PIVOTAL HEALTH CHRISTMAS NEWSLETTER

ANOTHER YEAR OVER

The year in review

As we reach the end of yet another busy year at Pivotal Health it gives us time to reflect on the year that was 2016.

In January we saw Dr Simone Carlotto and Dr Adrian Ellis return to the practice in permanent full time roles. In their absence they completed their General Practice training and passed their exams. We said farewell to Dr Daniel Hourigan who accepted a position at a busy super clinic in Caboolture. We have welcomed new reception staff to the practice throughout the year who are always here to assist you.

In 2016 the practice has continued to grow, we have seen a number of new patients who have chosen us to look after their general practice needs. A number of our existing patients have welcomed new additions to their families, it is always nice

to see the next generation of our patients continue to entrust us with their care. We appreciate each and every one of our patient's support.

This year has also seen us begin the process of increasing electronic communication with our patients. Where possible we now send our monthly reminders via email and our non-urgent result recalls via text message. If you would not like to receive emails or text messages from us, please let our admin team know.

2017 marks our 10th birthday and if you have been in the practice recently you may have noticed our new and fresh look starting to take shape. We will continue the mini renovations in the New Year with new signage at the front of the practice; so watch this space.

We will return to training the

next generation of General Practitioners in 2017 with Dr Mitchell Robinson joining us as a GP registrar around Easter time. Mitch has worked in the Queensland Hospital system since graduating from medical school and is looking forward to mastering the skills of general practice.

We are always looking at ways to improve our practice and the services we offer. Please feel free to contact me should you ever have any feedback about the practice.

For your convenience our opening hours over the festive period are below.

We look forward to continuing to look after you and yours in the New Year and we wish you a safe and healthy festive season.

On behalf of all at Pivotal Health we thank you for your support throughout 2016.

Emma Kohler
Practice Manager

OUR OPENING HOURS OVER THE FESTIVE PERIOD

Friday 23rd December	7.30am-4.00pm
Saturday 24th December	CLOSED
Sunday 25th December	CLOSED
Monday 26th December	CLOSED
Tuesday 27th December	CLOSED
Wednesday 28th December	7.30am-6.00pm
Thursday 29th December	7.30am-6.00pm
Friday 30th December	7.30am-5.00pm
Saturday 31st December	CLOSED
Sunday 1st January	CLOSED
Monday 2nd January	CLOSED
Tuesday 3rd January	7.30am-6.00pm

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9 FAMILY SUN SAFE TIPS FOR SUMMER

Australia has one of the highest rates of skin cancer in the world so protecting ourselves from over-exposure to the sun is an important healthy behaviour and it needs to start early. Here are nine tips to protect your family from the sun this summer.

1. Develop a sunscreen habit

Make putting on sunscreen as habitual as cleaning your teeth.

2. Pick your outdoor times

Try to avoid long periods in full sun between about 10am and 3pm.

3. Keep hat stashes

Have a collection of easy-to-access sunsafe hats for the whole family strategically positioned around the areas your family frequent.

4. Be UV index-savvy

Every day, the UV index is calculated, region-by-region around Australia, and it's given a numerical value.

Tip! Download a UV index app on to your phone.

5. Wear sun-protective clothing

Some garments now come with what's called a UPF (ultraviolet protection factor) rating.

Tip! Darker colours usually block more UVR than lighter colours.

6. Wear sunglasses The sun can also do some major damage to the eyes – and it starts when we're young. Ensure that you choose glasses that meet the Australian Standards and have 'good UV protection'

7. BYO shade

If you like to spend the morning at the beach or to go out on picnics to the park, keep a shelter,

sun umbrellas or other shading items in the boot of your car

Tip! Make sure you still wear sunscreen, a hat and sunglasses under the shade

8. Keep hydrated

Hot weather and running around in the great outdoors can rapidly dehydrate little bodies. Little kids, particularly if they're swimming, may not be aware that they're thirsty. So make sure you have drinks on hand or easy access to clean water.

9. Be sunscreen smart

Applying sunscreen is just part of the process. To ensure you're getting the most out of your sunscreen, know these rules:

When: Always apply at least

20 minutes before sun exposure to give the sunscreen time to bond effectively with the skin.

How much: Apply liberally so all exposed, or potentially exposed, parts of the body have sunscreen on them. As a rule of thumb, use just under a teaspoon for each arm, leg, body front, body back and face (including neck and ears).

How often: Even if the packaging says "water-resistant for four hours", Cancer Council Australia recommends vigilant reapplication every two hours. we're young.



BEAT THE CHRISTMAS BULDGE

Christmas is the hardest time of the year to control cravings. With buffets and delicious bake goods, the temptations are overwhelming

Here are some steps you can take to curb your appetite....

EAT BREAKFAST

Eating breakfast has been proven to prevent overeating later in the day, which could save you tons of kilojoules in the end. By skipping breakfast in anticipation of the big lunch ahead, all

you are doing is laying down the groundwork for overeating when faced with a Christmas feast.



GO EASY ON THE CHEER

Alcohol changes your feedback mechanism for satiety (feeling full), so when you have drink after drink, you will often eat far more than you should. Try alternating alcohol with water—if you have a glass of wine, follow it with a glass of water, then you can go back to wine again. It also keeps your hands occupied and prevents you from overindulging.

GRAB A SMALL PLATE

Mega dishes are usually laid out; try and aim to use a smaller plate. Fill a portion of your plate with leafy green salads, and another with fiber-filled veggies

that curb your appetite by filling you up. You can still eat some of everything, just not a lot of it.

EAT SLOWER

It's a simple rule but often forgotten. It takes about 20minutes for your stomach to realize its full and signal the brain. Therefore, take your time and enjoy the company of others during dinner. A simple way to do this is to occasionally place your utensils down during the meal. Speaking of slowing down, eat your desert two hours after your Christmas main course— that will give your metabolism time to catch up.

WALK AWAY

If food is still on the table after you finish your meal, stand or sit at least arm's length away once you are done, if you're feeling particularly brave, create a new tradition with your family; instead of reclining on the couch after eating, try a game of Frisbee or put on music and dance around the living room!

BANISH LEFTOVERS

Send your leftovers home with your guests or, if you are guest don't take a plate home. Keeping large quantities of ready-cooked leftovers in the fridge is an invitation to keep picking.



FIND YOUR BEAUTIFUL FACE IN 2017

Owned and run by Nurse Practitioner Kristine Avenia; La Bella Faccia meaning 'The beautiful face' is the Redlands's emerging professional medical skin clinic that focuses on providing an unparalleled experience for each and every one of its patients in reach of their Beautiful Face.

Providing top quality service and care with exceptional results. Offering cutting edge non surgical aesthetics and wellness procedures including Anti-wrinkle injections, Microdermabrasion, Collagen induction therapy (Dermafrac) and clinical facial treatments. La Bella Faccia is also a stockist for clinical strength Skin care range Aspect Dr, Teen Aspect and Cosmedix. To complement this range of skin care La Bella Faccia now stock Jane Iredale Skin Care Makeup.

For more information go to www.labellafaccia.com.au and for appointments call Kristine on 0412 071 624 or for monthly specials and news follow on Instagram and Facebook.

Make your 2017 New Years goal to find your beautiful face.

