



# Miranda Medical Centre

## Mental health in the workplace

573 Kingsway  
Miranda, NSW 2228

Mon-Fri: 8am-10pm  
Sat-Sun: 8am-8pm

### Upcoming Health Events:

#### World Health Day

07/05/2015

#### World Parkinson's Day

11/05/2015

#### Wear Green for

#### Premmies

15/05/2015

#### Osteopathy Awareness

#### Week

19/05/2015

### Connect with us and join the conversation on:

- Instagram - Facebook  
- LinkedIn - Health Engine



Mental health awareness has taken a progressive leap over the last five years. Society is beginning to realise that the illness can affect anyone at any stage in life. Research has revealed that one in six working-aged Australians is living with a mental illness, but only a third of them would disclose this information to their employer. Positive changes have been made with mental health but a large stigma still remains.

It is important that employers find ways of reducing stressors in the workplace that negatively impact mental health; disputes, discrimination, bullying and heavy workloads can all be forms of stressors. The fact we live in a globalised world makes it increasingly difficult to escape and unwind from our work lives. Employers are encouraged to create supportive environments that foster open communication and to provide necessary professional help networks. Many workplaces now have employee assistance programs for counselling or flexible time in place, which is a great start. The sooner society removes the stigma surrounding mental health the sooner we can comprehensively assist those battling with the illness.

If you are suffering from a mental health illness or would like to know more about the treatment options available then speak to your healthcare professional. If you would like to learn about anxiety and depression then visit:  
[www.beyondblue.org.au](http://www.beyondblue.org.au).

### Miranda Dental Centre

Did you know that Miranda Dental Centre provide a **free** initial consultation and examination for all patients.

Miranda Dental clinic uses cutting-edge technology including digital x-rays, intraoral cameras, quiet electronic drills and dental lasers for in-chair whitening procedures. The team at Miranda Dental Centre is experienced with patients of all ages and is renowned for high quality dental care designed to restore, enhance and maintain the beauty of your smile. If you would like an appointment then please call 95401044 or visit [www.mirandadentalcentre.com.au](http://www.mirandadentalcentre.com.au).



FOR MORE INFORMATION ABOUT ANY OF OUR HEALTH SERVICES

CALL (02) 9540 1044 OR

VISIT US ONLINE AT

[WWW.MIRANDAMEDICALCENTRE.COM.AU](http://WWW.MIRANDAMEDICALCENTRE.COM.AU)

# UNDER THE SPOTLIGHT

Get to know your health professionals



## Julie McDonald Physiotherapist

Julie is a highly talented physiotherapist with a wealth of knowledge and over 20 years experience. She has been part of our team for the last 8 years. She is much loved by her patients as she provides not

only great therapy for their injuries and ailments but patience, sympathy and cheerful encouragement throughout treatment.

Julie is a fully qualified physiotherapist who specialises in:

- Rehabilitation
- Sports Injuries (upper & lower limbs)
- Hand Injuries
- Men's Health
- Women's Health
- Postural Problems

Julie's approach is marked by thorough initial assessment and diagnosis, a flexible treatment plan tailored to the needs of the

patient and the provision of information to patients to enable the gains made throughout treatment to be sustained and enhanced at home. She is a 'hands on' physiotherapist who utilises a range of manual skills including mobilisation and massage to complement the traditional techniques of laser, interferential. Hot/cold therapy, and exercise programs.

Julie's physiotherapy rooms are fully equipped with necessary equipment to help treat and manage your injuries. Julie is a fantastic communicator who works well with children, teenagers, adults and the elderly.

Julie's goal is to help you achieve a positive and healthy lifestyle. If you have been referred by a GP under an 'enhanced primary care plan' then the service is completely bulk-billed. Speak to your GP today to see if you qualify. For those not covered by private health insurance and those not under an enhanced primary care plan' the cost is only \$50.

If you suffer from any kind of muscular pain, have recently had an injury or would like to take preventative action then please call 9540 1044 to make an appointment.

We look forward to seeing you.

## Which diet is right for me?

### Decisions, decisions...

There are a countless amount of diets being thrown around in the media today. Celebrities are endorsing and swearing by certain health regimes claiming that they are the 'perfect answer' to weight loss and feeling good. Should you follow the paleo diet and eat the foods only cavemen consumed, should you cut sugar out of your diet completely or should you steer well clear of gluten.

At times it can become overwhelming sifting through the endless array of online articles and health magazines to find the right diet; it can also be quite dangerous. It is so hard to know what foods, vitamins and minerals are suitable for you. Every person is different meaning one diet may work wonders for someone but may not be the most suitable for the next.

Katie Pennells our resident dietitian is here to help and to cut through the clutter. Katie is an accredited dietitian with a wealth of knowledge and experience. Katie is able to provide practical diet solutions

that are tailored to each individual, helping you achieve positive health outcomes. If you are interested in making an appointment then please call 9540 1044. We look forward to hearing from you.



## 7 Little Words

1. Diskensian Heep (5)
2. Like tears (5)
3. Someone who tries very hard (7)
4. Pertaining to sole of foot (7)
5. On the spur of the moment (11)
6. Preceded in time (9)
7. Actress Kidman (6)

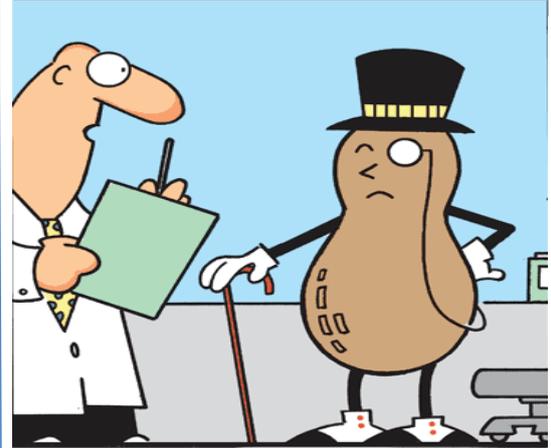
LTY	IM	ED	IV
PUL	NIC	PL	STR
SIV	AT	ED	ELY
SA	ER	ANT	IAH
AN	TAR	OLE	UR

## Can You Help Us?

The recent earthquake in Nepal has already claimed thousands of lives and has left many more injured and without homes and essential necessities.

Here at Miranda Medical Centre we are collecting donations to assist overseas aid workers in both the capital city and surrounding rural towns. Donations can be placed in collection boxes at the reception desk, any amount will be much appreciated and will go a long way to supporting those suffering in Nepal.

## JOKE OF THE MONTH



"Impaired vision, bloated abdomen, cold hands...they could be symptoms of a severe peanut allergy."