



Miranda Medical Centre

2015 Flu Vaccine Now Available **A change in seasons**

The US and parts of Asia have experienced their worst flu season to date. A more powerful and mutated flu virus combined with climatic conditions has been the main cause for the outbreak overseas. Those particularly affected have been children under 16 and adults over 65 years of age. Due to a new strand of flu there has been a delay in the production of this season's vaccine to ensure it provides the necessary protection for all individuals.

Miranda Medical Centre now has the 2015 flu vaccine on-site and available for administration.

Who should receive the flu vaccine?

It is recommended that all patients aged over 65 should be vaccinated against influenza, as well as patients with certain chronic medical conditions (e.g. Diabetes, Asthma) and healthcare workers that regularly come into contact with sick people.

Who is eligible for the FREE flu vaccine?

All patients aged 65 years and older are eligible to receive the free influenza vaccine from the surgery, as well as all indigenous Australians aged 15-64 years, and non-indigenous Australians aged 6 months to 64 years who have a chronic condition.

It is advised that you consult your GP today about whether the flu vaccine is suitable for you.

MIRANDA MEDICAL PHYSIOTHERAPY

Provides professional Physiotherapy treatment to help manage pain and assist in recovery. They specialise in: rehabilitation, sports injuries, hand injuries, men's and women's health and preventive measures. There is:

- **NO GAP** for patients with private health insurance.
- If you have been referred by a GP under an **'enhanced primary care plan'** then the service is completely bulk-billed.
- Those not covered by private health insurance or under an enhanced primary care plan' the cost is \$50.

Miranda Medical Physiotherapy is now open extended hours on Tuesday and Friday. To make an appointment, please call 9540 1044.

CONNECT HEARING

Connect Hearing held an open day two weeks ago to showcase their revolutionary new hearing device. Even if you missed out on this great day it is not too late to trial the device and to receive a free hearing check (valued at \$110). Don't miss out on this fantastic opportunity, visit them today.

573 Kingsway
Miranda, NSW 2228

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

Upcoming Health Events:

World Health Day

07/04/2015

World Parkinson's Day

11/04/2015

Wear Green for

Premmies

15/04/2015

Osteopathy Awareness

Week

19/04/2015

Connect with us and join the conversation on:

- Instagram - Facebook
- LinkedIn - Health Engine



FOR MORE INFORMATION ABOUT ANY OF OUR
HEALTH SERVICES

CALL (02) 9540 1044 OR

VISIT US ONLINE AT

WWW.MIRANDAMEDICALCENTRE.COM.AU

UNDER THE SPOTLIGHT

Get to know your health professionals



Michael Glover Chiropractor

My name is Michael Glover and I am the Chiropractor at Miranda Medical Centre. I joined the team two years ago, moving my practice *Back In Action Chiropractic* into the centre. As the name would suggest, my main areas of expertise

are the back and neck, although I do enjoy treating a variety of conditions which range from general aches and pains to activity and sports related complaints.

I thoroughly enjoy working with the patients I see and cannot think of a more rewarding career as I am privileged to be able to help those with both simple and severe musculoskeletal complaints and see their improvements.

Chiropractic treatment typically includes muscle and

soft tissue techniques, stretching and spinal manipulation or adjustments. This treatment is designed to restore joint mobility by manually moving the joints which have become hypomobile (a loss in the normal range of movement). This is often a result of changes to the soft tissue or posture. These changes can be caused by a single event such a muscle strain or through repetitive stresses such as hours working in front of a computer with poor posture. The adjustment of the affected joint and treatment of the localised muscles and tissues restores mobility, alleviating pain and tightness which allows the

tissues to heal. Depending on the condition, treatment typically takes between four to eight weeks. Each patients treatment is tailored to include the most up to date evidence based approaches and are continually monitored to ensure that the treatment approach suits the changing needs of the patient.

If you would like to come in for an appointment you can contact me on 9525 1632. My office is located downstairs next to the x-ray facilities. HICAPS is available for private health fund claims while eligible GP referrals are bulk-billed.

Feel Confident & Look Great Miranda Cosmetic & Vein Clinic

The Miranda Cosmetic and Vein Clinic is run by highly specialised and experienced General Practitioners, Dr G. Dutoit and Dr A. Khan. The clinic offers professional and affordable treatment with proven results.

The following Services are offered:

- **Cosmetic Injectables**
 - Ant-wrinkle
 - Dermal Fillers
 - Sweat Reduction
- **Skin Rejuvenation**
 - Acne Scarring Treatment
 - Treatment of Burns and Scars
 - Skin Peels
- **Vein Treatments**
 - Sclerotherapy (non-surgical varicose and spider vein treatment)

The Miranda Cosmetic and Vein Clinic is now open extended hours throughout the week, making the service more accessible for you.

For more information or to make an appointment, please call 9540 1044 or visit www.mirandamedicalcentre.com.au.

We look forward to hearing from you.



7 Little Words

1. Defeated Easily (10)
2. Flag (6)
3. Not Fit for Viewing (11)
4. Make Gentler (7)
5. Heated Up Again (8)
6. Bothersome (11)
7. Officers of The Law (10)

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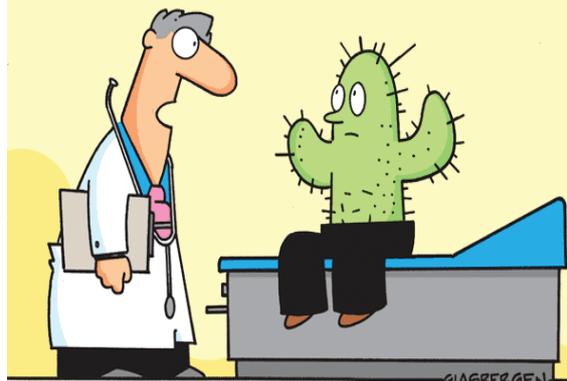
We Are Here For You

You can't pick and choose when you are unwell and sick. We are here for you, providing quality and accessible healthcare all year round. Below are our public holiday hours for April:

- **Good Friday** (3/4/15): 8am to 8pm
- **Easter Monday** (6/4/15): 8am to 8pm
- **Anzac Day** (25/4/15): 8am to 8pm

We are open as normal all other days during April. If you have any questions feel free to contact us on 9540 1044.

Joke of the Month



"How many times must I remind you? *Eight glasses a day!*"