



Miranda Medical Centre

573 Kingsway
Miranda, NSW 2228

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

Upcoming Health Events:

Corpus Callosum

Awareness Day

02/07/2015

Sleep Awareness Week

06/07/2015

Diabetes Awareness Week

12/07/2015

National Pain Week

20/07/2015

World Hepatitis Day

28/07/2015

Connect with us and join the conversation on:

- Instagram - Facebook
- LinkedIn - Health Engine



The Effects of Diabetes

What is Diabetes?

Type 1: The pancreas, a large gland behind the stomach, stops producing insulin. Without insulin, the body's cells cannot turn glucose into energy. Without insulin the body burns its own fats as a substitute, as a result dangerous chemical substances accumulate in the blood.

Type 2: This is the most common form of diabetes. The pancreas makes some insulin but it is not produced in the amount the body needs to work effectively. It is a result of genetic and environmental factors.

Who does it affect?

280 people develop diabetes every day in Australia. It is the fastest growing chronic condition with 1.1 million Australians currently diagnosed.

What are the symptoms?

- Being excessively thirsty
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision
- Gradually putting on weight
- Leg cramps.

If any of these symptoms are regular occurrences then speak to your healthcare professional. If you would like to raise awareness or donate to diabetes research in Australia, then please visit diabetesaustralia.com.au

Miranda Physiotherapy

If you suffer from any kind of muscular pain, have recently had an injury or would like to take preventative action, then Miranda Physiotherapy Clinic can help.

Julie our experienced physio specialises in: rehabilitation, sports injuries, hand injuries, men's and women's health. She is a 'hands on' physio 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 is passionate in delivering sustainable and manageable outcomes.

Visit mirandamedicalcentre.com.au to find out more or call 9540 1044 to make an appointment today.



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

Lynne Oliveri our resident Sleep Apnea Technician has a vast array of knowledge and experience. She has worked in the Sutherland Shire for the last 15 years providing effective diagnostic testing and positive treatment outcomes for those suffering from sleep apnea.

The checklist of signs and symptoms can help identify if you or someone you know is at risk of having sleep apnea:

- Stopping breathing whilst asleep
- Excessive daytime sleepiness

- Loud snoring
- Gasping or choking during sleep
- Decrease in energy and motivation levels
- Waking up feeling unrefreshed
- Impotence/loss of libido

The risk of sleep apnea is especially high with the following conditions:

- High Blood Pressure
- Diabetes
- Overweight
- Other Health Conditions

Recent research shows that snoring and sleep apnea are associated with many serious conditions. Left untreated,

they are a contributing risk factor in high blood pressure, heart disease, stroke, diabetes and depression. In fact, regular snoring doubles the risk of developing diabetes.

Other consequences of sleep apnea include the increased likelihood of having;

- Motor vehicle accidents
- Strokes
- Heart attacks

Modern treatment options are available for people with this condition that do not involve drugs or surgery. Patients on treatment for sleep apnea say that they are amazed at the benefits.

“The test for sleep apnea was easy and I got to sleep in my own bed. I also didn’t realize what a problem my sleep apnea was until I went onto treatment. Now I have more energy, my blood pressure is controlled and my wife is happy that I don’t keep her awake at night”.

ASK YOUR DOCTOR ABOUT A SIMPLE (bulk billed) HOME TEST FOR SLEEP APNEA THAT’S AVAILABLE IN THIS SURGERY

SPEECH PATHOLOGY OPEN DAY

How vital is communication in our everyday lives?

Come and join us on **Sunday 26th of July from 10am to 4pm** for our communication open day. Mary Cassar our resident Speech-Language Pathologist will be providing a number of informational talks regarding: the sequence of communication development in babies and toddlers, what speech and language to expect before your child goes to school, how to encourage early literacy, school-age speech and language problems that contribute to learning issues, how to encourage resiliency when things are hard for your child

Mary has over 30 years’ experience assisting those suffering from communication disabilities. The Open Day will help you know whether there is more you can do to help your child’s development

Children and families can learn about how communication contributes to development, reading, learning and academic progress. Free information will be available covering a range of speech, language, literacy and learning areas. It will be a fun-filled day with plenty of giveaways, refreshments and face-painting.

We are extremely excited and can’t wait to see you there. If you have any questions feel free to call us on 95401044.



7 Little Words

1. Ice Quality (10)
2. Leaves (4)
3. Cumulonimbus Cloud (11)
4. Not Practical (10)
5. Box up in Advance (7)
6. Suggested (9)
7. Resembling a Talon (8)

LIKE	ACK	ES	TH
UND	SS	INT	NE
TI	IMA	FEAS	GO
PREP	TED	IBLE	FROS
HEAD	CLAW	IN	ER

Clinic Café

The Clinic Café is located on the ground floor of Miranda Medical Centre. The Café offers a variety of warm and cold refreshments, cakes, pastries, and confectionary goodies. So why not head down for a bite while you wait.



JOKE OF THE MONTH

Copyright 2003 by Randy Glasbergen
www.glasbergen.com

“I’ve always been a high achiever, always striving for bigger, faster, greater...and now suddenly I’m expected to settle for lower blood pressure and less cholesterol?!”