



# Miranda Medical Centre

## Raising Awareness

### Ovarian Cancer Month



573 Kingsway  
Miranda, NSW 2228

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

### Upcoming Health Events:

#### Heart Research Month

01/02/2015

#### Ovarian Cancer Month

01/02/2015

#### World Cancer Day

04/02/2015

#### National Wear Red Day

06/02/2015

#### Tube Feeding Awareness Week

08/02/2015

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

- Instagram - Facebook
- LinkedIn - Health Engine



#### What is Ovarian Cancer?

Ovarian cancer is a disease where some of the cells in one or both ovaries start to grow abnormally and develop into cancer. The cancer can then multiply and spread into other parts of the body.

#### Who Does it Affect?

Ovarian cancer can affect any women of any age; however it is most prevalent in women 50 years and older. According to Cancer Australia, around 1,400 Australian women are diagnosed with ovarian cancer each year and more than 1,000 will die from it. Approximately 75% of women are diagnosed at an advanced stage where the cancer is extremely difficult to treat. If ovarian cancer is diagnosed at an early stage, women have an 80% chance of being alive and well after five years.

#### What are the Symptoms?

It is difficult to diagnose as many of the symptoms are common occurrence for women and are related to less serious health problems. However, ovarian cancer is not a silent disease, the four most common symptoms to look for are:

1. Increased abdominal size or regular abdominal bloating
2. Needing to urinate often or urgently
3. Feeling full after consuming small amounts of food
4. Abdominal or pelvic pain

If these symptoms are a regular occurrence, then speak to your healthcare professional. If you would like to more information about Ovarian Cancer or would like to donate to the research and treatment fund, then visit [www.ovariancancer.net.au](http://www.ovariancancer.net.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



**Kathryn  
Mckelvey**  
**MMC Podiatrist**  
**P | 9540 1044**

The foot is a complex structure comprising of 26 bones, ligaments, tendons and soft tissue. It is our contact with the ground helping us to balance, absorb shock and propel us through our busy lives.

We spend a great deal of our lives on our feet whether it is at work, home, exercising or at play. Often our footwear can be inappropriate for our feet and can cause issues. We often forget about our feet until they start to hurt- foot pain shows on your face.

Podiatrists look at not only the treatment of painful foot issues but also the prevention of conditions developing. Simple soft tissue or more complex biomechanical anomalies can cause discomfort, poor function or instability in the foot or further up the body. Also upper body asymmetry can result in uneven forces on the limbs and feet. Treatment can involve simply palliative care of corns and callous, footwear advise, through to soft-tissue work and orthotic therapy.

I have had my own practice in Miranda Medical Centre for over 20 years and continue to enjoy assisting my clients, of all age groups working towards good foot health and a pain free gait.

- Hicaps is available for private health fund rebates.
- Eligible patients with appropriate referral can claim through Medicare.

## Did you know that?

Miranda Medical Centre offers the following:

**- Recreational Dive Medicals:**

At a cost of \$66 a Dive Medical qualifies individuals to be able to Scuba Dive underwater. This is a great idea as Cronulla is host to some beautiful underwater wildlife and wreckages. Take advantage of the amazing conditions. For more information on diving packages in the Sutherland Shire visit [www.aquaticexplorers.com.au](http://www.aquaticexplorers.com.au)

**- Miranda Cosmetic & Vein Clinic:**

The Miranda Cosmetic and Vein Clinic now offer gift certificates. It is a fantastic present to give this Christmas as the certificate can be spent on:

- Skin Rejuvenation
- Vein Treatments and,
- Cosmetic Injectables

Ask about it  
at reception!

## Enjoy the Outdoors

### Spend time doing what you love

The hot weather is here, that means more time spent enjoying the outdoors with friends and family. Whether you are swimming at the beach, playing in the park or at home working in the yard always remember to be sun smart.

Skin cancer occurs when skin cells are damaged by overexposure to ultraviolet radiation from the sun. There are a few simple steps you can follow to be proactive and take action:

- Avoid sunburn by minimising exposure during the middle of the day.
- Seek shade and wear protective clothing and a hat that covers your head, neck and ears.
- Wear SPF 30+ sunscreen and avoid tanning salons

Stay safe this summer. If you have questions or skin related queries you can speak to your GP about the diagnostic and treatment options available.

## 7 Little Words

1. Booms (8)
2. Helix (6)
3. 3/ 4 Dance (5)
4. Bunny Food (7)
5. Fancy Cup (6)
6. Nautical Greeting (4)
7. Orbiting Sphere (6)

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## We Love to Listen

Here at Miranda Medical Centre we aim to provide comprehensive health services for you and your family. We are always looking for ways to improve and would appreciate any feedback and suggestions you may have.

If you would like to fill out a suggestion form and leave it at the reception desk that would be much appreciated. We value your opinions and are constantly striving to deliver the highest quality of healthcare to all patients.

Have your say today!

## Joke of the Month



"It's simple. My nurse blindfolds me, I spin around a few times, and then I try to reattach your tail."