



Doctors Starting in February

Dr Katrina Damian



Hours
Mon – 7:30-4:30
Wed – 7:30-4:30
Sat – 1 in 4

Katrina completed her Bachelor of Medicine and Surgery in 2010 and worked at Hornsby Hospital. Katrina has also completed the Diploma of Child Health. Katrina has a special interest in paediatrics and women's health. In her time away from work, Katrina is kept busy looking after her 4 daughters, and loves to read, cook and keep fit when she can find the time.

Dr Luke van Twest



Hours
Mon – 8:00-6:00
Tue – 10:00-7:00
Thurs – 10:00-7:00
Fri – 9:00-5:00
Sat – 1 in 2

Luke studied Bachelor of Medicine & Surgery at University of Sydney and has a special interest in sports & musculoskeletal injuries, having previously completed a Bachelor of Physiotherapy at University of Queensland. Luke worked as a physiotherapist for 8 years prior to becoming a doctor. In his spare time, Luke enjoys surfing and has just become a new dad!

CHANGES TO CODEINE BASED MEDICATION

From the **1st February 2018**, you will need a prescription for codeine based pain relief medication. Research has shown that over-the-counter low-dose (<30 mg) medicines containing codeine are not effective at reducing chronic pain when compared to medicines without codeine. There are also safer and more effective non-codeine cough and cold medications available. Use of codeine can cause opioid tolerance dependence, poisoning and in high doses death. The risks associated with codeine have therefore been deemed too high without oversight from a doctor.

If you are taking these on a regular basis please speak to your friendly GP so we can work together on a plan to manage your pain.

For more information please click [here](#).

MANAGING STRESS

In our patient survey many patients indicated that they would like more information about managing your stress. In response we have answered a few common questions in our **Stress Q & A Blog**.

Stress is the body's way of rising to a challenge and preparing to meet a tough situation. Stress becomes a problem when you become over-stressed and it starts to affect how you cope with day to day life.

If you are struggling to manage your stress please review the blog for tips and/or make an appointment with your GP.

Please click [here](#) for the full blog. Or visit our website.

Our New Nurse

In December we were very lucky to have Alex join the CMP family. Alex is a Registered Nurse (RN) and will be working with us Wed-Sat. Alex has over 11 years' experience as an RN in hospitals and is looking forward to working as a RN within the community, building relationships with patients and helping them to achieve their health goals.

Cancellation Policy

We understand there may be occasions when you miss an appointment, due to unforeseen circumstances or obligations relating to work or family. We kindly request if you're unable to attend your scheduled appointment that you call Reception to advise, giving as much notice as possible - this will allow us to offer your appointment to another patient on that day. Please be aware that less than 2 hours' notice of cancellation may result in a cancellation fee being charged.

Lymphoedema Funding

Our own Dr Debbie Geyer and the team at The Lymphoedema Action Alliance will be joining with the Cancer Council to call on the NSW Government to fund additional service for people living with Lymphoedema.

Lymphoedema is a chronic condition that causes swelling, often in arms and legs. Mostly this is in response to cancer surgery but there are other causes too. If left untreated it can lead to disfigurement, limited mobility, infections, anxiety, depression and social isolation.

Unfortunately there aren't enough therapists to make sure people get the right care. Almost 4,000 people with lymphoedema in NSW experience difficulty accessing the services they need to manage their condition.