



Rebrand

Our rebrand is complete! Most of our patients will be aware that last year we began the process of updating our look - after 40 years we felt it was time. The final element of this change has been to redecorate – our distinctive yellow walls are gone! Let us know what you think when you're next in the Practice.

Contraception

Contraception is a daily part of many people's lives with the Pill being the most commonly used female contraceptive. The Pill is very user friendly and reliable. However, the Pill can have adverse side effects - including mood swings, headaches, skin changes, bloating and nausea. Women often endure these issues without realising there are other contraception options - such as Implanon, Mirena or birth control vaginal ring.

In fact, [this recent UK article](#) suggests women are beginning to consider other forms of longer-acting contraception.

If you experience any of the mentioned side effects or would like to discuss alternatives that do not involve remembering to take the Pill daily, please make an appointment to discuss your options – we have Doctors who are experienced in both Implanon and Mirena insertion and removal.

For more information on Mirena and Implanon please [click here](#) to read our blog.

Flu Season

Flu season is underway - and [this recent article](#) suggests this year's vaccines are proving to be more effective, when compared with last year. We're happy to confirm that so far this season, we've had a low presentation of flu at the Practice – and the severity of infections has also been reduced.

This is great news and despite the national shortage of vaccines, we believe a direct result of a high uptake of the flu vaccination.

If you haven't yet been immunised - we still have limited stock of private vaccines as well as stock of public vaccines for eligible patients. Please contact Reception on 9908 2233 to make an appointment with one of our nurses.

Online Services

We're happy to announce **two new online services**. Firstly, we've switched our online bookings system to a new provider - HotDoc - to provide an easier and more convenient way to book online.

Later this month, we'll launch a new service to securely communicate with our patients via SMS to let you know when you are due for a follow up appointment or health check.

HotDoc has a strict policy on how it handles any patient data and does not pass on any patient data to 3rd parties or engage in 3rd party advertising. HotDoc strictly abides by its Company Promise found [here](#)

My Health Record

The opt out period has been extended to 15th November 2018. As a result of intense media coverage recently, we've had patients expressing concerns about privacy and how their health information will be used. The government has responded by promising to clarify the legislative protections in place. To reassure our patients - your My Health Record is a secure online document that is personally controlled by you. Its purpose is to give authorised healthcare providers immediate access to your current medical history - you must consent to information being uploaded to it, you are able to remove information from it and you can set up alerts so you know when it is accessed by a health professional. For more information please read our [blog](#).

Mental Health Support

With 12.3% of people in the Mosman & North Sydney region reporting mental health issues and 9% suffering from high/very high psychological distress, mental health support is vital.

Head to Health is a new national website developed to help people access mental health information in one easy-to-use location. Services available include - information, online support programs, links to phone, chat and email services if you wish to speak to someone. Please visit [headtohealth](#) for more info.

Lifeline has implemented **Way2Wellness**, a support service for people who are feeling flat, a little anxious, or finding it hard to cope. **Way2Wellness** provides telephone support and coaching and is free to anyone in the Northern Sydney region - no referral is required. Dial 1300 120 446.

If you need support in managing your ongoing mental health and accessing appropriate services, please see one of our experienced GPs.