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BELMORE ROAD MEDICAL CENTRE

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PATIENT UPDATE CHRISTMAS 2023 / NEW YEAR 2024

NEW PATIENT ENTRANCE FROM EVELINA ST IS NOW OPEN!

Merry Christmas and a Happy New Year to all our patients and their families!

The renovation of the practice is getting closer to completion, and we are enjoying our new entry from Evelina St.

The Belmore Road Entry is temporarily closed and **will revert to staff and trade access only once paving is completed.**

Masks remain mandatory within the practice building for those aged 8 years and older to protect patients and staff.

Doctors are taking leave in a staggered fashion through January.

Please see HotDoc for available appointments or contact reception if no suitable time is visible.

Introducing GP Dr Maryam Lak

Dr Maryam Lak (Doctor of Medicine, FRACGP) has opened appointments at Belmore Road Medical Centre.

She is an experienced GP and has been working in the inner Eastern suburbs for some years.

She has certification in Family Planning and sexual health (including Implanon and IUCD insertion).

COVID VACCINES Additional boosters!

As well as all adults 18 years and over – boosters are now available to all patients aged 5 to 12 years of age in particular those with underlying health conditions e.g. asthma.

If you who have not had a COVID vaccination or confirmed infection in the past six months you can receive a booster. This is **irrespective** of how many prior doses you have received. Vaccination continues to provide protection against becoming severely unwell or dying from COVID.

We retain boosters of Moderna XBB1.5 and Pfizer XBB1.5 vaccines (mRNA) and also Novavax – a protein-based vaccine which can also be used as a primary course for adults 18 years and over who are not yet vaccinated.

Bookings for patients aged 12 years and over are available online through HotDoc. PLEASE COMPLETE A CONSENT FORM (see link below)

Primary course vaccines are available for eligible patients under 18 years from 6 months of age at the practice by appointment booked through reception.

Bookings through reception will be referred for a call back from a practice nurse.

Please complete the consent form through HotDoc or see the link below.

<https://www.health.gov.au/resources/publications/covid-19-vaccination-consent-form-for-covid-19-vaccination>.

SHINGLES VACCINES

Shingrix vaccine for eligible patients aged 65 and over are now available.

FLU VACCINES please use online bookings where possible.

Government funded vaccines are available.

Eligible patients (65 and over, adults & children with a chronic disease management plan)

Free Flu vaccines Children 6months - <5 years – please contact practice for appointment.

Private flu vaccines (\$20 charge) are available now for patients 5 years and older.

FEVER, RESPIRATORY ILLNESS AND COVID 19 INFECTIONS

If you have fever, and/or respiratory symptoms such as blocked nose, sore throat, cough or ear pain, SELF-ISOLATE AS FOR COVID 19 and book through HotDocs or call the practice for a telephone* or Telehealth* appointment.

The doctor will assess whether you need to be seen onsite, and if you are **RAT negative**, assess whether **PCR testing** for Covid and other respiratory infections may be needed.

Call the practice if you **test positive for Covid by RAT** for an appointment with one of the doctors to provide advice and to assess severity and **eligibility for COVID antiviral treatment**. Eligibility criteria have changed and many more adults 30 years and over are eligible for treatment.

***Telephone and Telehealth appointments are usually only available to patients who have attended the practice onsite in the past 12 months.**

If you test positive for Covid and have ever attended the practice you are eligible for Telehealth for Covid management.

Prevention of respiratory-borne illness

<https://www.betterhealth.vic.gov.au/coronavirus-covid-19-victoria>

Keep up to date with Covid boosters and flu vaccines.

Lower your risk of infection by Covid, flu and other airborne viruses by **wearing a mask** in crowded indoor settings e.g., supermarkets, shopping centres and entertainment venues as well as on public transport.

Let fresh air in open windows and doors when you can – it reduces the spread of the virus.

Get tested: if you have symptoms, take a rapid antigen test.

Stay at home: if you have COVID, you should stay at home for at least five days and until you have no symptoms.

Free COVID RATs are available through Boroondara libraries and other local government's sites.