

ARE YOU OF ABORIGINAL OR TORRES STRAIT ISLANDER DESCENT?

LET YOUR GP KNOW - HELP US TO CLOSE THE GAP

Did you know that the life expectancy for Indigenous males is 59 years compared with 77 years in the non-Indigenous population and, for Indigenous females, 65 years compared with 82 years?

Wheatbelt General Practice is participating in the Australian Government's Closing the Gap Indigenous Health Program to improve primary health offered to Aboriginal and Torres Strait Islander people.

Aboriginal patients have different health care needs to other sectors of the population and the only way your local General Practice can provide the best possible care, is if you tell them you are of Aboriginal or Torres Strait Islander descent.

STEP 1: CONSENT AND REGISTRATION

If you are of Aboriginal or Torres Strait Islander Descent please notify the practice receptionist, Nurse or GP. You will need to sign a consent form to Register for the Indigenous Health Program.

STEP 2: FREE ABORIGINAL HEALTH CHECK

The receptionist will book you a long appointment to have an Aboriginal Health Check. You will receive a free 'head to toe' check-up, providing a snap shot of your current health needs. The whole family can be checked each and every year - mum, dad and kids.

STEP 3: PBS MEDICATION SCHEME

The PBS Medication Scheme entitles you to free or reduced price medication (just \$5.40) if you have registered for the Indigenous Health Program. The PBS Medication Scheme is for patients who have a chronic disease or, who in the opinion of their GP, are at-risk of a chronic disease.

For certain medical conditions you could be eligible to receive free allied health sessions such as physiotherapy, podiatry, dental, dietetics, chiropractic and more.

Remember, all Aboriginal and Torres Strait Islander patients are bulk-billed at Wheatbelt General Practice.

WHEATBELT
**General
Practice**



Building healthy communities through General Practice.

Wheatbelt General Practice - Northam
Inside Northam Regional Hospital
50 Robinson Street
NORTHAM WA 6401

T 08 9690 1781
F 08 9621 1532
E northam@wheatbelt.com.au

General Practitioner
Dr Olateju (Ola) Jinadu

Practice Manager
Mel

Practice Receptionists
Karen
Renaë

PRACTICE HOURS

Consultations are by appointment
Monday to Friday
8.30am to 5.00pm

URGENT AND AFTER HOURS CARE

Please visit the Northam Regional Hospital for life threatening emergencies or urgent assistance.

The Practice GP provides on-call support to the hospital, Monday to Friday 8am to 5pm.

Wheatbelt General Practice is an initiative of the Central Wheatbelt Division of General Practice Inc. Working in partnership with key local stakeholders, Wheatbelt General Practice aims to delivery high quality primary health care, incorporating a sustainable model of general practice.

NEW PNEUMOCOCCAL VACCINE NOW PART OF THE NATIONAL IMMUNISATION PROGRAM

A new, broader spectrum vaccine for pneumococcal disease has been introduced to the National Immunisation Program. Prevenar 13 has replaced Prevenar from 1 July 2011.

Your GP, Practice Nurse or Child Health Nurse will now offer Prevenar 13 as routine for babies commencing the immunisation program.

For children aged 12 to 35 months on 1 October 2011, the Government will provide a single FREE supplementary dose of Prevenar 13. The program runs from 1 October 2011 to 30 September 2012.

Talk to your GP, Practice Nurse or Receptionist to arrange for your 12 to 35 month old child to receive the free dose of this new vaccine, from 1 October.

GO FOR 2 FRUIT & 5 VEG RECIPE: CARROT & PARSNIP MUFFINS

15 minutes preparation + 25 minutes cooking
3 serves of vegies in this recipe
Makes 12.

Olive or canola oil spray
1 cup wholemeal self-raising flour
 $\frac{3}{4}$ cup white self-raising flour
 $\frac{1}{4}$ teaspoon paprika or curry powder
1 large carrot, peeled and grated
1 parsnip, peeled and grated
2 tablespoons grated Parmesan cheese
2 tablespoons chopped parsley or basil
2 eggs, beaten
2 tablespoons oil
1 cup low-fat milk



Preheat oven to 190°C. Lightly spray muffin trays with oil.
Sift flours into a large bowl, returning husks to the bowl.
Add paprika and fold in carrot, parsnip, cheese and herbs.
In a separate bowl mix eggs, oil and milk. Pour into the dry ingredients.
Lightly combine but do not over-mix.
Spoon into a greased 12 - muffin tray and bake for 25 minutes or until golden brown and firm to touch.
Cool on a wire rack.

Hint - These muffins freeze well and can be defrosted and microwaved to serve warm.

Serving Suggestion - Serve with low-fat cheese such as cottage cheese, quark or labneh.

Recipe courtesy www.gofor2and5.com.au

OUR SERVICES

Check Ups
Health Assessments
Vaccinations - Childhood, Travel, Adult Immunisation
Indigenous Health
Family Planning
Pregnancy Tests
Pap Smears
Sexual health
Heart Checks
Men's and Women's Health
Nutritional Advice
Travel Medicine
Skin Checks
Workers Compensation Claims
Pre-employment Medicals
Motor Vehicle Insurance Trust Claims
Asthma Clinics
Diabetes Clinics

YOUR RIGHTS / PATIENT FEEDBACK

Wheatbelt General Practice aims to provide high quality medical treatment in a caring environment. Management genuinely want to know if you have any concerns or suggestions about the service you have received. Please contact Wheatbelt General Practice head office in Northam by:

E wheatbelt@wheatbelt.com.au
T 08 9621 1530 or
PO Box 781, Northam WA 6401.

To make a formal complaint, the Western Australian Government body is:

Health & Disability Services Complaints Office
GPO Box B61
PERTH WA 6838