



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

# Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Crt,  
Sunbury, 3429.  
Ph: 9216 5600  
Fx: 9216 5699

Vineyard Medical Centre

Opening Hours

Monday - Friday 7:30am to 8:00pm

Saturdays - 8:30am to 4:30pm

Sundays & Public Holidays – CLOSED

## **Important dates**

March 9<sup>th</sup> Labor day public holiday

## **VMC Baby News**

Dr Mais Ali is expecting a baby mid-year and will commence her maternity leave prior to Easter. She will commence a handover of her patients to one of our other doctors shortly.

Evrin Babacan who is one of our lovely Psychologist is also expecting and she will commence Maternity Leave February 26<sup>th</sup>.

Dani's face might be familiar to most patients especially since she has been part of the team since 2007. Starting as the baby of the practice, she is now getting ready to have her very own!



Before she looks at taking some maternity leave we thought we would do a

### **VMC Fast Five-**

#### **1. Favourite food /weirdest food you ever tried**

Escargot - Garlic snails in France

#### **2. Favourite Holiday destination**

Resort hoping in Fiji

#### **3. Footy team**

Proud supporter of the Essendon Bombers - 3rd generation, had no choice anyway.

#### **4. Team member most likely to sneak into the lolly jar**

Dr Bartlett

#### **5. Something most people wouldn't know about you**

I have a 1st Dan black belt in Karate

### **Coronavirus**

There have been reports of individuals with the novel coronavirus outside of China.

Common symptoms include fever, cough and difficulty breathing. Severe cases can cause pneumonia, kidney failure, and even death. Returning home from a destination and you feel unwell.

If you believe that you at risk and/or have been exposed to the virus, it is very important to prevent the spread to the greater community, to please self-quarantine at home and call the dedicated hotline:

**1800 675 389**

for further instructions.

March 2020 Issue



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Alternatively call the clinic on 9216 5600 and request to speak to a nurse. Again, we ask that you do not attend the clinic to assist in preventing the spread.



functioning, behaviour, bodily pain and caregiver impact when compared with healthy children.

If your child's tonsils/adenoids are enlarged, snoring at night, restlessness during sleep, bed wetting in older children, pauses in breathing for a few seconds at night may indicate obstructive sleep apnoea. The prevalence of OSA in the paediatric population is 1% to 4%; it may be hard to breathe through the nose.

- Nose sounds blocked when the person speaks
- Chronic runny nose/cough
- Noisy breathing during the day
- Recurrent ear infections

If a child is suffering from these conditions, surgery to remove tonsils and adenoids will improve their quality of life.

You can follow Dr Chow on instagram @drzeniachow

## Do you have a snoring child?

Here is some information on snoring children from Dr Zenia Chow.

As many as 10% of children have primary snoring. Up to 30% to 40% of children with clinically diagnosed Sleep disordered breathing (SDB) exhibit behavioural problems that include enuresis, hyperactivity, aggression, anxiety, depression, and somatisation. Obstructive Sleep Apnoea (OSA) is also associated with poor school performance and a decrease in quality of life.

Children with SDB have a significantly higher rate of antibiotic use, 40% more hospital visits, and 2x the health care usage mostly from increased respiratory tract infections. Children with recurrent tonsillitis also showed significantly lower scores on several quality of life subscales including general health, physical





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## Zaidees Rainbow Day — March 24<sup>th</sup>

Zaidee Rose Alexander Turner - aged 7 years and 22 days died suddenly on 2nd December 2004 from a burst blood vessel in her brain called a Cerebral Aneurysm.

Zaidee's parents, Kim and Allan, founded Zaidee's Rainbow Foundation not long after.

At the time of Zaidee's death the Turner family had been registered Organ and

Tissue Donors for 5 years. As a result, Zaidee donated her Organs and Tissues at the Royal Children's Hospital, as were her wishes at the time. From this gift, the lives of up to seven other people were improved or saved.

Zaidee was the only child in Victoria under the age of 16 years and we have been told one of the youngest Australians to donate her organs and tissues in 2004. She was only 1 of 6 children nationally to donate their organs.

Staff will be wearing rainbow colours on March 24<sup>th</sup> and donating to the cause. Collection tins will be available on the day if you wish to donate, with 100% proceeds going to the foundation.

## Puzzle Fun

N L L L M T E Z O X Q F S A N  
P R I I I E J H T E D K D O S  
I J X G D V V F S J F Y I D O  
N R R I A O E R K Q P T A G O  
Q O A E C M V R B S A U D Q R  
X Z D E N E E K K S C V T F G  
Z J Y N I O I N R O V H B T A  
N E R N E D B E T H E A R T N  
R A S Z N T V P A N C R E A S  
A Z E E G N U L C I E F T O A  
I L Y N O C C I W K T I U F G  
N F I C M E N I Y S A R O Z U  
B Y Z N H I W M M R N I W I N  
O E U S S I T Y Y R O Z R V C  
W P C V L R T L C P D T J U P

BONE  
CONVERSATION  
DONATE  
EYE  
HEART  
KIDNEY  
LIGAMENT  
LIVER  
LUNG  
ORGAN  
PANCREAS  
RAINBOW  
SKIN  
TENDON  
TISSUE  
VEINS  
ZAIDEE

