

NEWSLETTER DECEMBER 2017



REGULAR PROGRAMS

All members of the community are invited to participate in the following health promotion programs – for more information or to make a booking please ring the Centre on 5155 9222.

'FOOD, FRIENDSHIP & FUN' LUNCHEON

11th Dec. You are invited to attend a traditional Xmas roast dinner at 12 noon at the Bush Nursing Centre. **The client contribution for eligible people is \$8 / others - \$15.** Bookings are essential by Thursday 7th December. ALL WELCOME.

Program partner: Dep. of Health & Human Services.

HEALTHY HEART WALK – Facilitator: Grace Davis

Thursday 30th November, 7th, 14th & 21st December from 7.30am – 8.30am. No cost. Meet outside Caves Reserve Information Centre.

SCRAPBOOKING

NO SCRAPBOOKING IN DECEMBER.

MEDICINE LIST

Medicine Lists are now available at the Centre. They enable you to keep a list of **ALL** medicines currently used, including: prescription medicines, over-the-counter medicines, herbal and natural medicines. Medicines come in many forms, including: tablets, liquids, inhalers, drops, patches, creams, suppositories and injections.

To get the most from your Medicine List:

Keep it up to date by crossing out any medicines you are no longer using and adding new medicines as you start using them.

Take it with you each time you visit the doctor, pharmacist or health professional, or if you go into hospital.

Keep it with you at all times in case of emergency.

Or download the free MedicineList+ smartphone app so you will always have your medicines and health information with you.

Handle antibiotics with care

Antibiotic Awareness Week raises awareness about the serious health issue of antibiotic resistance. The aim is to reduce antibiotic resistance and educate Australians how to preserve the miracle of antibiotics. Antibiotic resistance happens when bacteria change to protect themselves from an antibiotic, making bacterial infections much harder, if not impossible to treat. Overuse and misuse of antibiotics is increasing. We are all part of the problem and the solution. Here are five ways to reduce antibiotic resistance:

1. Not asking for antibiotics for colds and flu;
 2. Understanding that antibiotics will not help to recover faster;
 3. Only take antibiotics in the way they have been prescribed;
 4. Understanding that it is possible to pass on bacteria to others;
 5. Making a greater effort to prevent the spread of germs by practising good hygiene.
- Information: NPS MedicineWise.*

BUCHAN BUSH NURSING ASSOC. INC. Committee and staff would like to take this opportunity to wish you all a very safe and Happy Christmas & a prosperous New Year.

**PLEASE NOTE: THE CENTRE WILL BE CLOSED
ON ALL PUBLIC HOLIDAYS.**

DATES FOR THE MONTH

*Dr. Pokharel – 13th December
Appointments 5155 9222*

*Maternal & Child Health—
Appointments 5152 0052*

*Immunisation— Anne Brewer
Appointments 5155 9222*

*Pathology—Wed. & Fri. am.
Appointments 5155 9222*

*Women's Clinic –To be advised
Appointments 5155 9222*

*'Neatfeet' Footcare —
Mon. 11th December*

Appointments 5155 9222

EMERGENCY NUMBERS

Police / Ambulance / Fire—000

Buchan Police—5155 9268

**Buchan Bush Nursing Centre—
5155 9222—Bus.Hrs.**

**Gelantipy Bush Nursing Centre
—5155 0274**

Hospitals—

Bairnsdale 5150 3333

Orbost 5154 6666

National GP Helpline

1800 022 222

Nurse-on-Call 1300 606 024



**For all EMERGENCIES
RING 000**

**then for medical emergencies
you may ring a nurse and if
available they may respond.**

Out of Hours Procedure
*Nursing staff are not obliged to
be available outside normal
opening hours but in the event
they are able to respond to an
emergency then all workplace
entitlements will apply.*

BBNA Newsletter is on the Buchan Community Website: <http://buchan.vic.au>

Be SunSmart

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Skin cancer kills nearly 2,000 Australians each year – more than the national road toll – and two in three Australians will be diagnosed with skin cancer by the age of 70.

The good news is you can cut your risk of skin cancer by using good sun protection. It's never too late for prevention, whether you're six months or 60 years old.

Think UV not heat

UV radiation isn't like the sun's light or heat, which we can see and feel. That means we usually don't notice the damage until it's too late. The UV level can be as high on a cold or cloudy day as it is when it is a scorching hot day.

The free SunSmart app tells you when sun protection is recommended for your location and shows current UV levels. During the day's sun protection times, use all five SunSmart steps for the best level of protection.

- Slip on sun-protective clothing.
- Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen at least 20 minutes before going outdoors and re-apply every two hours.
- Slap on a broad-brimmed hat that protects your face, head, neck and ears.
- Seek shade.
- Slide on sunglasses.



Checking for skin cancer

Most skin cancer can be successfully treated if it is found early. But without treatment, skin cancer can be deadly. Get to know your skin and what looks normal for you to help you find changes earlier. Check all of your skin, not just sun-exposed areas. If you notice anything unusual, including any change in shape, colour or size of a spot, or a new spot, visit your doctor as soon as possible. Checking your skin regularly is also important if you have naturally dark skin. Although your risk of melanoma is lower, it is more likely to be found at a later, more dangerous stage than a person with lighter skin.


Information: Cancer Council Victoria

Financial and time pressures at Christmas

The expense of gifts and food, the pressure of shopping and the expectations of the season can make Christmas an extremely stressful time. General suggestions include: Budget for Christmas so that you don't overspend. This may mean putting money away each week throughout the year. Do your Christmas shopping early. Some people like to do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales. Shop online or use mail order catalogues to avoid the crowds at shopping centres. Consider a simpler version of Christmas lunch this year (such as a buffet where everyone brings a plate or delegate as many tasks as you can). Seek advice from a financial counsellor if you are experiencing severe money troubles. Remember, you don't have to spend money to give someone a present – you can give of your time and expertise as well. Pass on a book you enjoyed. It may not be new from the shop, but it comes with love and your recommendation, and it shows you have thought about the person you have given it to.

Information: Better Health Channel

DECEMBER 2017

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			30 NOV Healthy Heart Walk 7.30am–8.30am	1 Pathology	2	3
4	5	6 Pathology	7 Healthy Heart Walk 7.30am–8.30am	8 Pathology	9	10
11 Footcare 'Food, F/ship & Fun' Xmas lunch –12noon – Bush Nursing Centre	12	13 Pathology Doctor's Clinic	14 Healthy Heart Walk 7.30am–8.30am	15 Pathology	16	17
18	19	20 Pathology	21 Healthy Heart Walk 7.30am–8.30am	22 Pathology	23	24
25 PUBLIC HOLIDAY CENTRE CLOSED 	26 PUBLIC HOLIDAY CENTRE CLOSED	27 Pathology	28	29 Pathology	30	31