

Dr Dan's Medical Clinic Newsletter



Welcome to Issue 12 of Dr Dan's Medical Clinic Newsletter



Exciting News

We are excited to announce that Dr Mathew Agnew will now be staying on with our clinic! Dr Agnew will be available for appointments every Monday and Wednesday, and we are thrilled to continue having them as part of our wonderful team. To book an appointment, please contact our friendly reception staff.

🎵 **BABY IT'S COLD OUTSIDE** 🎵

As we head into the colder months, it's important to take extra care to protect yourself and others from winter illnesses such as colds and the flu.

Simple habits like washing your hands regularly, covering coughs and sneezes, staying up to date with your flu vaccination, getting enough sleep, and staying active can all help support your immune system and reduce the spread of illness.

Good nutrition also plays an important role in staying well during winter. Eating plenty of fruits and vegetables provides important vitamins and antioxidants, while foods rich in zinc and Vitamin D, such as lean meats, eggs, nuts, yoghurt, and oily fish may help support immune health. Staying hydrated and limiting highly processed foods can also help your body function at its best.

If you do develop cold or flu symptoms, rest, stay hydrated, and avoid close contact with others where possible.

Flu, COVID & RSV Vaccines Now Available



Protect yourself this winter by staying up to date with your vaccinations.

Flu shots, COVID-19 boosters and RSV vaccinations are now available at our clinic.

Private Flu Shots are \$20.

Government funded RSV vaccinations are available adults aged 75 years and over

If you would like to book an appointment, please call one of our friendly reception team members who will be happy to assist you.

Health Awareness Dates Coming Up...

Bowel Cancer Awareness Month: Bowel Cancer Australia

21 June: Global Motor Neurone Disease (MND) Awareness Day

9–15 June: Men's Health Week

1–30 June: Pride Month

12–18 July: National Diabetes Week



Winter Health



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



sore throat	antibiotic	infection	pharmacy
hospital	remedy	health	clinic
doctor	lemon	honey	cough
virus	nurse	sick	



https://wordmint.com/public_puzzles/1044204

*If you wish to complete a survey about your experience
at the clinic, please reach out to our friendly reception
team*