

INTRODUCING OUR NEW LOOK

Over the coming months you may notice a change within the clinic with a new logo, branding and website - a fresh, new look for the Queen Street Medical Centre team. We are still the same privately owned team providing quality healthcare and are proud to have serviced the Brisbane CBD for over 30 years.



DOCTOR AVAILABILITY

Dr Sophie Guerrini is on annual leave from Wednesday 17th July until Monday 26th August 2019 visiting family in France.

Dr Ria Warfe is on maternity leave from Monday 19th August, due to return in December 2019. We wish her all the best for the safe arrival of her third son.

Dr Colin Rigg is on annual leave from Wednesday 21st August until Monday 16th September 2019 visiting family in the United Kingdom.

Dr Elle Bolster and **Dr Scott Allison** will be available for appointments on their usual consulting days.

Finally, we would like to welcome **Dr Tim Amos** and **Dr Leisha Weissenberger** to the Queen Street Medical Centre team.

OPENING HOURS

| | |
|--------------|-----------------------|
| Mon | 8:00 am until 6:00 pm |
| Tues | 7:30 am until 6:00 pm |
| Wed | 7:30 am until 6:00 pm |
| Thurs | 7:30 am until 6:00 pm |
| Fri | 7:30 am until 5:00 pm |
| Sat | Closed |
| Sun | Closed |



| DOCTOR | CONSULTING DAYS |
|-------------------------|--|
| Dr Scott Allison | Mon, Tues, Wed, Thurs, and every 2nd Fri |
| Dr Tim Amos | Tues, Thurs, Fri |
| Dr Elle Bolster | Tues, Wed, and every 2nd Fri |
| Dr Sophie Guerrini | Mon, Tues, Thurs, and every 2nd Fri |
| Dr Colin Rigg | Mon, Tues, Wed |
| Dr Ria Warfe | Returning 4 days a week in December 2019 |
| Dr Leisha Weissenberger | Mon, Tues, Thurs |

IRON INFUSION TREATMENT

Queen Street Medical Centre now offers iron infusion for the treatment of iron deficiency anaemia. This condition is common in pre-menopausal women, pregnant women and persons with chronic medical conditions. Intravenous iron infusion may be the right treatment option if you cannot tolerate oral iron tablets. The procedure is performed in our clinic with your GP and a registered nurse. Please speak with your regular GP to determine if this treatment would suit you.



MEASLES - DO I NEED A VACCINE?

There has been recent media coverage regarding an increase in confirmed measles cases in Australia and within the Brisbane region. Measles should not be regarded as a simple disease. It is an acute, highly infectious illness that can cause serious complications such as pneumonia (lung infection) and encephalitis (inflammation of the brain).

All adults born since 1966 are recommended to receive two-doses of measles, mumps, rubella (MMR) vaccine. Queen Street Medical Centre has government funded vaccines for eligible patients. It is important to ensure your vaccines are up to date, particularly before travelling overseas or prior to planning a pregnancy.

INFLUENZA UPDATE



Queensland Health have reported 32,834 confirmed cases of influenza in 2019¹. The predicted peak of influenza cases is August and September so if you have not yet had your annual influenza vaccine, it is not too late to be immunised. Queen Street Medical Centre has flu vaccines in stock.

NATIONAL DIABETES WEEK

14th - 20th July 2019

Now is the time to get familiar with the warning signs of diabetes:

THIRSTY (a thirst that can't be quenched);

TIRED (unexplained fatigue);

THINNER (sudden or unexplained weight loss); and

TOILET (frequent toilet trips).

Type 1 diabetes is an autoimmune condition that can be detected early with these four signs. Early diagnosis improves outcomes and reduces need for hospitalisation.

Type 2 diabetes is a chronic disease related to lifestyle risk factors such as obesity, limited physical activity and inadequate nutrition. Over half a million Australians are living with silent, undiagnosed type 2 diabetes.

If you are aged 40 years and older, or if you notice any warning signs, make an appointment with your GP promptly.

DOCTOR IN FOCUS



Dr Tim Amos

MBBS, BSc, FRACGP

Dr Tim joined our team in May 2019. Tim studied medicine at the University of Queensland (UQ) and is a Fellow of the Royal Australian College of General Practitioners (RACGP).

He has a special interest in skin cancer medicine (currently studying a Master of Skin Cancer Medicine at UQ) as well as mental health, paediatrics, men's health and the health of older people.

Outside of work, he enjoys spending time with his wife and young family. Tim is an AFL fan, ex-player and is the medical doctor for the Under 18s Brisbane Lions women's team.

Dr Tim is available for consultations on Tuesday, Thursday and Friday.

WHAT THE HEALTH?

Q. How many minutes of exercise is recommended for adults each week?

A. *150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity each week. Don't forget to include muscle strength/resistance training on two days per week.*

Q. What is the largest bone in the human body?

A. *The femur (thigh bone), which is located from the hip socket and connected to the knee.*

Q. Does the influenza vaccine give you the flu?

A. *No. The influenza vaccine does not contain any live virus, so you cannot get influenza from the vaccine.*

However, some people may experience mild flu-like symptoms for up to 48 hours as their immune system responds to the vaccine. Serious reactions to the vaccine are rare. While some people may experience mild side effects such as pain, swelling, and redness at the injection site, these usually resolve quickly.

FEEDBACK & COMPLAINTS

Should you have any issues with the service you have received from this practice we encourage you to first discuss this with either your treating GP or our Practice Manager, Hayley.

We welcome feedback or complaints in writing to admin@queenstmed.com.au

Official complaints can be made to the Office of the Health Ombudsman (Ph: 133 646 or PO Box 13281 George St, Brisbane Q 4003).

