

Who's Looking After You?

Health Professionals

Dr Yi-Lee Phang (Principal GP)

Dr Safa Karrar (GP Registrar)

Dr David Chen (GP Registrar)

Dr Mei Lyn Tan (GP Registrar)

Dr Li Lyn Chan (GP Registrar)

Dr Joshua Cowan (GP Registrar)

Dr James Crompton (Occupational Doctor)

Dr Federick John Parkes (DAME)

Chloe Jansz (Nurse Practitioner)

Jenny Piazza (Physiotherapist)

Ms Mackenzie Morter (Practice Nurse)

Leanne Boase (Nurse Practitioner)

Paula Healy (Psychologist - New View Psychology)

Ben Ngooi (Occupational Therapist—Action Rehab)

Support Staff

Jemma Thiess (Receptionist)

Maria Failla (Receptionist)

Julie Phang (Practice Manager)

Health Tips

Summer is here! Ensure that you apply sunscreen at least 20 minutes prior to going outdoors, wear a hat and appropriate clothing.

Along with the dangers of UV, is the danger of heat stroke. Please remember to stay cool and well hydrated.

Our Services

General Health

Prevention & Wellness

Immunisations

Work/School/Travel Exams

*Home Visits

Minor Procedures

Skin Cancer

Aviation Medicals

Workplace Health

Medical Acupuncture

Physiotherapy

Psychology

Pathology

Hand Therapy

Wound Care



40 English Street

Essendon Fields VIC 3041

T: 03 9027 9988

F: 03 9027 9999

Online booking available at:

www.efmedical.com.au



Mixed Billing

Newsletter Summer 2016 – 2017

Open 7 Days a Week

Monday to Friday 8am–6pm

Saturday to Sunday 9am–12pm



New Doctors for 2017

We are happy to announce, that as of February 6th 2017, we have a number of great new doctors joining the team!

Welcome: -

Dr Safa Karrar (GP Registrar)

Dr David Chen (GP Registrar)

Dr Mei Lyn Tan (GP Registrar)

Dr Li Lyn Chan (GP Registrar)

Dr Joshua Cowan (GP Registrar)



As GP Registrars, they will be with us for 6 months, except for Dr Li Lyn Chan who has decided to stay with us for a full 12 months. We welcome them to the team.

Recent Events

Goodbye Jeng Dien

We've recently said goodbye to our Practice Nurse, Jeng Dien, who has been with EFMC since we opened in March 2015. We wish her all the best as she makes the transition to Hospital Nursing.

Welcome New Staff

Together with the new Doctors, we welcome Mackenzie, our new Practice Nurse, Jemma, our Senior Receptionist, and Maria, our receptionist. We will have several more members joining the team over the next few months.

Teaching Award

Essendon Fields Medical Centre was honoured when Monash University presented Dr Phang with a Teaching Excellence Award as part of their 2016 General Practice Awards. Thank you to all the patients who allowed medical students to participate in their care this year.



Health Facts

- One in every 1000 babies is born with a tooth
- A person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.
- Each person sheds 22 kilograms of skin in his or her lifetime.
- More germs are transferred shaking hands than kissing
- Your heart beats 100 000 times each day.
- We share 98.4% of our DNA with a chimp - and 70% with a slug.
- One person in 20 has an extra rib, and they are most often men.
- When you were born, you had 300 bones. Now you have 206, if you are an adult. The rest of the bones have not disappeared – they have merely fused together.

<http://www.health24.com/Lifestyle/Woman/Your-life/30-weird-medical-facts-20120721>

Feedback

Here at Essendon Fields Medical Centre, we strive not only to provide great health care, but also a friendly atmosphere. We value patient feedback, and encourage you to fill in the patient feedback form (on side of reception) should you have any issues or suggestions which would help make this an even better place.



We have heard the comments from the community that the inability to make bookings through HealthEngine has caused some difficulty. As a result, we are currently arranging to reopen the HealthEngine booking service from February.

We have also received our first two Google Reviews! Thank you for your feedback, it is always appreciated.

Joke of the Season

Why did the tree get fired from it's job?

It just couldn't hold its ground!

Joke by Julian P. (11 years old)



Call for Submissions

We would like to invite the Essendon Fields Medical Centre Community, particularly the children, to provide submissions for our "Joke of the Season".

Drop your best original efforts in our suggestions box, email them to enquiries@efmedical.com.au, or use the "contact us" page on our website (www.efmedical.com.au)

Watch This Space

As mentioned earlier, HealthEngine bookings will be back online from February. You will still be able to book directly through our website (www.efmedical.com.au), but HealthEngine bookings will soon also be available.

We are currently actively looking for a great Podiatrist and Dietician, amongst other health professionals. We hope to have a few of these join our team over the next few months. Watch this space!

Health Promotion—Incontinence

Incontinence affects 13% of men, and 37% of women, but less than a third of these seek help. At Essendon Fields Medical Centre we are lucky to have expert help on hand.

Jenny Piazza, our physiotherapist, has undertaken her Masters in Pelvic Floor Exercises. If you are having trouble with incontinence, don't keep silent. Come and talk with one of our health practitioners today.