



**PARTRIDGE STREET
GENERAL PRACTICE**

Phone **08 8295 3200**

www.partridgegp.com.au

Dr Nick Mouktaroudis

MBBS FRACGP

Dr Nick Tellis

MBBS FRACGP

Dr Emily Carroll

MBBS FRACGP B.Hlth.Sc

Dr Kristin McLaughlin

BMBS (Hons), BSc, PhD

Dr Neelam Khanna

MBBS, DCH



Christmas Eve 24/12/2015

8.30 – 12.30pm

Christmas Day 25/12/2015

CLOSED

Proclamation Day

26/12/2015

CLOSED

Sunday 27/12/2015

CLOSED

Proclamation Holiday

28/12/2015

CLOSED

Tuesday 29/12/2015

8.30 – 5.00pm

Wednesday 30/12/2015

8.30 – 5.00pm

New Year's Eve 31/12/2015

8.30 – 12.30pm

New Year's Day 01/01/2016

CLOSED

Saturday 02/01/2016

CLOSED

Sunday 03/01/15

CLOSED



2015 has been another big year for Partridge Street!

We welcomed Dr Kristin McLaughlin, Dr Emily Carroll and Dr Neelam Khanna to our Practice.

Our make-over was completed and we hope you are enjoying the new surroundings as much as we are.

We expanded our Allied Health Services and welcomed Adelaide Pathology Partners, Psychologist Dr Amber Keast, Audiology Services Hearing Matters who are now all based on site at Partridge Street.

We hit 200 likes on our facebook page and you our patients made over 1500 appointments online with our HealthEngine App!

If you have any ideas or suggestions that could help us improve our services please feel free to communicate them to us by phone or our website- **we want to hear your thoughts!**

We have some exciting things in the pipeline for 2016, so keep checking our website and facebook page for details.

From everyone at Partridge Street General Practice we wish you and your families a very Merry Christmas and a safe and healthy New Year for 2016.

What makes Christmas Time Special for you.....

Most families have a special tradition they do at Christmas Time from decorating the tree to special family recipes shared and made.

Rocky Road at Christmas time was always a special treat, we would gather around the kitchen bench and mix away dipping our fingers in the melted chocolate and eating the marshmallows before they got into the bowl!. At Christmas we would add in spearmint leaves and glazed cherries to this recipe for some Christmas colour.

BASIC ROCKY ROAD RECIPE

Ingredients

500 g milk chocolate melted
200 g marshmallows chopped
1/4 cup dessicated coconut
110 g Turkish delight chopped
1/2 cup pistachios chopped

Method

STEP 1 Combine all ingredients in a large bowl and mix well

STEP 2 Pour mixture into a lined slice tin and refrigerate until set

STEP 3 Use a warm knife to cut the slice into small squares



**HEARING
matters**
'Beyond digital hearing'

IF YOU REQUIRE MEDICAL ASSISTANCE OVER THE CHRISTMAS PERIOD AND WE ARE NOT OPEN PLEASE CONTACT
OUR AFTER HOURS SERVICE PROVIDER – NATIONAL HOME DOCTOR SERVICE **13 7425**



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WE NOW OFFER SKIN CLINICS AT PARTRIDGE STREET

Tuesday afternoons and Friday mornings

If you have any concerns with your skin and would like to have it checked make a booking with Dr Nick Mouktaroudis for a Skin Check.



Skin Cancer Facts & Stats...

- 2 in 3 Australians will be diagnosed with skin cancer by the age of 70
- Around 2,000 Australians die from skin cancer each year
- Australia has one of the highest rates of skin cancer in the world
- Skin cancers account for about 80% of all new cancers diagnosed each year in Australia. Each year, Australians are 4 times more likely to develop a common skin cancer than any other form of cancer
- Over 750,000 Australians are treated for skin cancer each year – that's over 2,000 people every day
- The most commonly diagnosed cancer among adolescents and young adults is melanoma; it accounts for more than one-quarter of all cancers among Australians aged 15–29 years

Where are you going for Christmas and New Year....Are your Immunisations up to date?

Our doctors can prepare and educate you for a safe and healthy journey abroad. It is well documented that between 30% and 50% of travellers will get sick during a two week stay overseas, with many health issues being destination specific. While many of these concerns are just a nuisance with the potential to spoil your trip, some can be very serious. Some health problems can be avoided through IMMUNISATION prior to travel, whereas others can be prevented by adopting avoidance measures gained through education. Travellers' may be at greater risk due to pre-existing medical conditions. Good preparation is therefore the key to healthy travel. If you had a health problem while away that has not been completely resolved, we advise that you receive a check-up.



You may have developed symptoms such as a fever, diarrhoea, aches and pains, skin rashes or other symptoms. If this applies to you or someone you know then **make an appointment to come in and see one of doctors.**

Have your contact details changed?

Keeping your contact details up to date with us is important. We may need to contact you with your results, or to confirm or change your appointment. Medicare also cross-checks details when your Medicare Rebate is transmitted electronically and can reject your rebate if our details do not match the details held by Medicare.

If your details have changed recently please let our Front Reception staff know and they will update them for you in our software.



**Adelaide Pathology
Partners
Opening Times**

**Monday to Friday
8.00am – 12 Noon**

**Saturdays
8.30am – 12 Noon**



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