

## Who's Looking After You?

### Health Professionals

*Dr Yi-Lee Phang (Principal GP)*

*Dr James Crompton (Occupational Doctor)*

*Dr Federick John Parkes (DAME)*

*Chloe Jansz (Nurse Practitioner)*

*Jenny Piazza (Physiotherapist)*

*Jeng Dien (Practice Nurse)*

*Leanne Boase (Nurse Practitioner)*

*Paula Healy (Psychologist - New View Psychology)*

*Ben Ngooi (Occupational Therapist—Action Rehab)*

### Support Staff

*Jemma Thiess (Receptionist)*

*Amanda Watson (Receptionist)*

*Julie Phang (Director/Operations Manager)*

## Health Tips

Spring is the season for hay fever. If you're experiencing runny noses, watery eyes or odd itchy rashes, please come and see us for appropriate treatment. Please note, certain antihistamines can cause drowsiness which could be dangerous when taken before driving, operating heavy machinery etc. Please speak to your pharmacist or doctor if unsure.

Though we may not always feel the presence of the sun, the invisible danger of UV is always present and persistent. Be sure to start applying sunscreen and wear appropriate clothing when outdoors.



## 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](http://www.efmedical.com.au)



## Mixed Billing

# Newsletter Spring 2016

## Open 7 Days a Week

Monday to Friday 8am—6pm

Saturday to Sunday 9am—12pm



## New Health Providers on Board

### Paula Healey - Psychologist (New View Psychologist)

We're very excited to announce that we have a lovely psychologist who consults at EFMC every Monday. Her name is Paula and she comes to us with over 10 years experience! She has already helped many who've visited her here.

### Ben Ngooi - Hand Therapist (Action Rehab)

We now have Ben from Action Rehab who's joined our team of wonderful health providers. He's an occupational therapist who focuses on upper limb. He's wonderfully friendly and professional.

### Leanne Boase - Asthma & Eczema Nurse Practitioner

Leanne is a nurse practitioner specialising in asthma and eczema. She joins us once a fortnight and offers a bulk billed service.

## Watch This Space

From February 2017, we are expecting several new doctors (GP Registrars) and a podiatrist to join the team.

As many may know, there's also plans for a new hospital underway at Essendon Fields, due in 2018.



## Booking Changes

Please be aware that bookings can no longer be made on the HealthEngine website. Online Bookings can still be made through our website (efmedical.com.au). Please note, that when booking online, the program allows one hour travel time, so will not show any availabilities within one hour of your viewing time. If ever in doubt, just give us a call. Phone bookings are always welcomed.

## Medical Students

Our regular patients may have noticed that we consistently have medical students who visit and learn at our clinic. We feel this plays an important role in helping to shape great future doctors. Thank you to everyone who's helped in this process. We greatly appreciate your support.

## Patient 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.



## Joke of the Season

What did the knife say to the scalpel that was late?

„Chop chop!“, Answer

*Joke by Michelle P. (7 years old)*



Is Dr Yi-Lee Phang (pronounced “Illy Pung”) any good with grammar?

Yes! He's amazing with PHANG-tuation.

*Joke by Julian P. (11 years old)*

## Fun Facts

**You are taller in the morning than in the evening.**

On average, people are 12mm taller when they wake in the morning, thanks to excess fluid within the spinal discs. While you are sleeping, these fluids replenish. During the day your body has to deal with the stress of standing, so the discs become compressed and the fluid seeps out. This results in you losing a small amount of extra height.

**Human bone is as strong as granite, relative to supporting resistance.**

Would you believe a matchbox-size chunk of bone can support 8,164kg? Compared to concrete, human bone is four times greater in support strength.

**By the age of eighteen your brain stops growing.**

From that age forward it begins to lose more than 1,000 brain cells every day. That's depressing!!

On the up side, the human brain cell can hold 5 times as much information as the Encyclopedia Britannica.

<https://breakingmuscle.com/health-medicine/10-awesome-and-little-known-facts-about-the-human-body>

[http://icantseeyou.typepad.com/my\\_weblog/2008/02/100-very-cool-f.html](http://icantseeyou.typepad.com/my_weblog/2008/02/100-very-cool-f.html)