

Winter
2018

Our Team

Doctors

Dr Dimitri Andropov
Dr Phil Brownscombe
Dr Jenny Davis
Dr Lise Legault
Dr Rebecca George
Dr Geoff Harper
Dr Brad Martin
Dr Sara Martin
Dr Renato Penaloza
Dr Mary Santos-Melo
Dr Darren Jewell
Dr Sobha Rani
Dr Lauren Piatek
Dr Tina Casey
Dr Erin Carroll
Dr Dan Wilde

Specialists

Dr Cameron Scott
Dr Mahiban Thomas
Dr Bruce McGeorge
Northern Urology

Territory Medical Group

Newsletter



Welcome to our winter newsletter. We continue to keep you up to date with the services offered at Territory Medical Group and provides up to date relevant information to our patients.

Contact Us

Territory Medical Group
159 Dick Ward Drive
Nightcliff 0810

Mitchell Centre 55 Mitchell
Street Darwin 0800

Phone: 08 8948 4333

E: admin@territorymedical.com

W: territorymedical.com

Surgery Hours

Mon – Fri 8.00am –
5.00pm

Saturday 9.00 – 1.00 pm

Practice Staff

Business Manager

Ruth Debuque

Practice Manager

Lindy Kaka

Executive Assistant

Amy Bland

Nursing Staff Sandy Carol

Kylie

Patient relations Laura Alena

Tracey Erma Jo Kate Krystle

Jasmine Contessa

FAQ

Q. What if I need a Doctor After Hours?

A. An afterhours on call doctor is available after 6.00pm each day on M: 0429 1129 28 A fee of \$ 330.00 applies with additional services (suturing etc) charged at the practice rate all payable upfront at the time of consultation.

Q. What are the Practice Billing arrangements?

A. our clinic is a mixed billing clinic and individual Doctors charge at their own discretion. If your consultation is privately billed payment is required on the day – your account will be forwarded directly online to Mediare to claim applicable rebates.

Q. Is an appointment required?

A. If you are requesting a specific Doctor and a specific time you are advised to book in advance. Appointments can be arranged via online booking or calling 08 8948 4333. However we do have “on the day walk in appointments” available at both clinics most days if you are prepared to see the first available Doctor.

Q. Can I book a longer consultation?

A. Multiple or complex consultations often require a longer consultation. Please specify your needs should you require more time or plan on having more than one family member attend. Our clinic is a mixed billing clinic and individual Doctors charge at their own discretion.

Styles in this document have been customized to match the text formatting you see on this page. On the Home tab of the ribbon, check out Styles to apply the formatting you need with just a tap.

We welcome 4 new Doctors. Dr Lauren Piatek, Dr Tina Casey, Dr Erin Carroll and Dr Dan Wilde

Important Information

Test Results:

Will not be given over the phone please make an appointment to follow up on any investigations ordered

Practice Privacy:

Your privacy is important to us – a copy of our privacy policy is available online or in surgery.

Reminder Policy:

Preventative care is important to us, all patients are placed on our reminder system – if you prefer to OPT OUT of this important system please advise staff.

Referrals and Repeat Prescriptions:

Are available to be arranged online at territorymedical.com A fee of \$20.00 is required at the time of booking

Wait Times:

Doctors at Territory Medical attempt to run on time however vary needs of patients can effect our ability to run on time.

Feedback:

We welcome + encourage compliments and feedback in an effort to better deliver our services. Management at territory Medical appreciate the importance of confidentiality and discretion. We have a robust complaints handling procedure

New Patients:

Can complete a new patient registration form prior to their consultation.

TMG Specialist Services

TMG are thrilled to have the services of some Darwin's Top Specialists as part of their team.



Dr Cameron Scott, Dr Mahiban Thomas and Dr Bruce McGeorge consult from TMG Nightcliff surgery. Go to territorymedical.com "Specialist Tab" for more information or to request an appointment today.

TMG also welcomed the team at Northern Urology. Dr Manuel "Jimmy" Yhico is a Urologist permanently located at our Nightcliff location. For appointment's with Northern urology call them direct on 08 7980 0000



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Nursing Staff Sandy Carole
+Kylie

Patient relations Laura
Alena Tracey Erma Jo Kate
Krystle

Maple Chipotle Salmon Tacos with Mango

Servings 6 servings
Calories 181 kcal

Ingredients

- 1 pound salmon cut into 6 even portions (about 1 to 1 ½ inches)
- kosher salt as needed to season fish
- black pepper as needed to season fish
- 1/2 teaspoon chipotle chili pepper ground
- 1/2 teaspoon paprika
- 1 teaspoon cumin ground
- 3 teaspoons maple syrup pure
- 1/2 cup mango diced
- 1/4 cup red onion diced
- 1 cup tomato diced
- 1/2 cup avocado diced
- 2 tablespoons lime juice plus zest of 1 lime
- 6 tortillas corn or flour, 6 inch

Instructions

1. Set oven rack to the middle position. Preheat oven to 400°F.
2. Line a sheet pan with foil and lightly coat with cooking spray or olive oil. Evenly spread out the salmon fillets on the tray. Generously season the fillets with salt and pepper.
3. Combine chipotle pepper, paprika and cumin together in a small bowl. Evenly sprinkle about ¼ teaspoon of the spice mixture on top of the salmon. Evenly drizzle each fillet with ¼ teaspoon maple syrup (more if needed), spread evenly on top.
4. Roast for 10 to 12 minutes, or until the internal temperature reaches 130-135°F. The fish should easily flake apart but not be dry.
5. In a medium sized bowl, combine mango, red onion, tomato, avocado, lime juice and lime zest.
6. Warm tortillas in a pan. Serve one piece of salmon on each tortilla and top with salsa. Add additional toppings if desired.

Recipe Notes

- 1) Cayenne or chili pepper can be substituted for chipotle pepper. Chili pepper will not be as spicy.



Thanks to Jessica Gavin for more recipes go to:

<https://www.jessicagavin.com/maple-chipotle-salmon-tacos-mango-salsa/>

Word Search – Medical Specialists

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 NEPHROLOGIST
 NEUROLOGIST
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 ONCOLOGIST
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 OSTEOPATH
 PATHOLOGIST
 PHYCHIATRIST
 RADIOLOGIST
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