

Autumn

2019

Our Team

Doctors

Dr Andropov

Dr Brownscombe

Dr Davis

Dr Legault

Dr George

Dr Harper

Dr B. Martin

Dr S. Martin

Dr Penaloza

Dr Jewell

Dr Piatek

Dr Wilde

Dr Gilbert

Dr Dimond

Specialists

Dr Cameron Scott

Dr Mahiban Thomas

Dr Bruce McGeorge

Dr Garrath Evans

Dr Stefan Antoniou

Territory Medical Group

Newsletter



Are you intending on international travel? Have you considered which vaccinations you may need?

Territory Medical Group is a member of a The Travel Medicines Alliance. Our dedicated Travel Medicine staff will assess the travel destinations and advise on reported disease outbreaks. We can advise of the medical requirements for the intended destination and ensure that any potential medical risks in that location are understood. We can also suggest appropriate medications, Immunizations and offer helpful travel first aid kits for purchase.

Territory Medical can also advise travelers of the regulations regarding travelling with prescription and over-the-counter medication. It is important that appropriate documentation required by customs officials at destination and also on return to Australia is accurate.



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 & Anne-Marie

Patient relations Erma,
Shanice, Helen, Sunny,
Robyn & Alena

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.

***Introducing our new ‘mixed billing’ consultations.
We now direct bill all pension card holders and
children under 15.***

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.

Yellow Fever

What is Yellow Fever?

Yellow fever is a disease caused by a virus that is spread to people by the bite of an infected mosquito.

Where does Yellow Fever virus occur?

Yellow fever virus is found in tropical and subtropical areas in South America and Africa. Yellow fever virus is a very rare cause of illness in U.S. travelers to these areas.

How soon do people get sick after being bitten by an infected mosquito?

The incubation period (time from infection to illness) is usually 3-6 days.

What are the symptoms of Yellow Fever?

Initial symptoms of yellow fever include sudden onset of fever, chills, severe headache, back pain, general body aches, nausea and vomiting, fatigue, and weakness. Most people improve after these initial symptoms. However, roughly 15% of people will have a brief period of hours to a day without symptoms and will then develop a more severe form of yellow fever disease. In severe cases, a person may develop high fever, jaundice (a condition that involves yellow discoloration of the skin and the whites of the eyes), bleeding (especially from the gastrointestinal tract), and eventually shock and failure of many organs. Roughly 20-50% of people who develop severe illness may die

Yellow fever can be prevented by vaccination. The vaccine is a live but attenuated (less potent) strain of the virus. Travelers should also take actions to prevent mosquito bites when in areas of Africa or South America with yellow fever virus transmission.

How can people reduce the chance of getting infected with yellow fever.

Use insect repellent. When you go outdoors, use an EPA-registered insect repellent such as those containing DEET, picaridin, IR3535, or oil of lemon eucalyptus on exposed skin. Even a short time outdoors can be long enough to get a mosquito bite. For details on when and how to apply repellent, see [Insect Repellent Use and Safety](#).

- **Wear proper clothing to reduce mosquito bites.** When weather permits, wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or another EPA-registered repellent will give extra protection. Clothing pre-treated with permethrin is commercially available. Mosquito repellents containing permethrin are not approved for application directly to skin.
- **Be aware of peak mosquito hours.** The peak biting times for many mosquito species is dusk to dawn. However, *Aedes aegypti*, one of the mosquitoes that transmits yellow fever virus, feeds during the daytime. Take extra care to use repellent and protective clothing during daytime as well as during the evening and early morning. Staying in accommodations with screened or air-conditioned rooms, particularly during peak biting times, will also reduce risk of mosquito bites.

This information has been provided by

<https://www.cdc.gov/yellowfever/qa/index.html#what>

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Shanice, Sunny, Alena
Krystle, Jess, and Jasmine

Healthier yellow chicken curry



INGREDIENTS

- 2 teaspoons coconut oil
- 70g (1/4 cup) yellow curry paste
- 2 tablespoons finely chopped fresh coriander root and stem, plus leaves, to serve
- 3 teaspoons finely grated fresh ginger
- 1 stick lemongrass, white part only, finely chopped
- 270ml can coconut milk
- 250ml (1 cup) salt-reduced chicken stock
- 1 tablespoon coconut sugar
- 1 tablespoon fish sauce
- 1 red onion, cut into thin wedges
- 600g butternut pumpkin, skin on, cut into 5cm-long wedges
- 500g chicken breast, thinly sliced
- 200g green beans, trimmed, halved
- 1 lime, halved
- 90g bean thread vermicelli noodles, cooked, to serve

METHOD

- Step 1** Heat the oil in a large saucepan over medium-high heat. Add the curry paste, coriander root and stem, ginger and lemongrass. Cook, stirring, for 1 minute or until aromatic.
- Step 2** Add the coconut milk. Cook, stirring, for 3 minutes or until oil separates. Stir in the stock, sugar and fish sauce. Add the onion and pumpkin. Bring to a simmer. Reduce heat to low. Cook, covered, for 7 minutes. Add the chicken. Cook, covered, for 5 minutes or until chicken is just cooked through. Add the beans. Cook, covered, for 2 minutes or until vegetables are just tender.

Source: <https://www.taste.com.au/recipes/healthier-yellow-chicken-curry-recipe/poghtzqa>

Word Search – Travel Vaccinations

Travel Vaccines

T F X G W T E T A N U S V N K U M J
 U G A E W H E P A T I T I S A R M H
 B P S L P E R T U S S I S G W A E E
 E M E N I N G O C O C C A L M B N P
 R M V X S Q G X I H M H A E M I I A
 C R J E M E A S L E S U L G U E N T
 U Y D I P H T H E R I A M P T S G I
 L P Y V A R I C E L L A G P I Y I T
 O P O L I O T T Y P H O I D S N T I
 S H A S R U B E L L A W Q O S V I S
 I K H Y E L L O W F E V E R T J S B
 S U L M X O G C H O L E R A E P M I

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

CHOLERA
 HEPATITIS B
 DIPHTHERIA
 HEPATITIS A
 MEASLES
 MENINGITIS

MENINGOCOCCAL
 MUMPS
 PERTUSSIS
 POLIO
 RABIES
 RUBELLA

TETANUS
 YELLOW FEVER
 TYPHOID
 VARICELLA
 TUBERCULOSIS