

Health & Wellbeing Newsletter

July/August 2017

Bowel Cancer Screening

If you are over 50 years old, you can participate in the National Bowel Cancer Screening Program every two years using a faecal occult blood test (FOBT). This is a simple test you can do at home that looks for the early signs of bowel cancer.

If you have blood in your faeces, a change in bowel habit, an unexplained abdominal pain or mass, or unexplained weight loss, tell your Healthcare Professional as soon as possible. Your Doctor will assess your symptoms, conduct a physical examination and arrange any blood tests needed.

Talk to your Doctor if you are concerned.

Check this graph to see if you're eligible to receive a free (taxpayer funded) bowel cancer screening test as part of the National Bowel Cancer Screening Program. Purchase a Bowel Screen test from your pharmacy or call 1800 555 494 or order a kit online: <https://bca.formstack.com/forms/bowelscreenaustraliaorder>

NATIONAL BOWELCANCER SCREENING PROGRAM Age Eligibility by Year of Birth

□ Unshaded box indicates age cohorts invited from 1 January in each year.

Phased implementation of biennial screening for 50-74 year olds

Year of birth	2005	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
1941	65	66	67	68	69	70	71	72	73	74	75	76	77	78
1942	64	65	66	67	68	69	70	71	72	73	74	75	76	77
1943	63	64	65	66	67	68	69	70	71	72	73	74	75	76
1944	62	63	64	65	66	67	68	69	70	71	72	73	74	75
1945	61	62	63	64	65	66	67	68	69	70	71	72	73	74
1946	60	61	62	63	64	65	66	67	68	69	70	71	72	73
1947	59	60	61	62	63	64	65	66	67	68	69	70	71	72
1948	58	59	60	61	62	63	64	65	66	67	68	69	70	71
1949	57	58	59	60	61	62	63	64	65	66	67	68	69	70
1950	56	57	58	59	60	61	62	63	64	65	66	67	68	69
1951	55	56	57	58	59	60	61	62	63	64	65	66	67	68
1952	54	55	56	57	58	59	60	61	62	63	64	65	66	67
1953	53	54	55	56	57	58	59	60	61	62	63	64	65	66
1954	52	53	54	55	56	57	58	59	60	61	62	63	64	65
1955	51	52	53	54	55	56	57	58	59	60	61	62	63	64
1956	50	51	52	53	54	55	56	57	58	59	60	61	62	63
1957	49	50	51	52	53	54	55	56	57	58	59	60	61	62
1958	48	49	50	51	52	53	54	55	56	57	58	59	60	61
1959	47	48	49	50	51	52	53	54	55	56	57	58	59	60
1960	46	47	48	49	50	51	52	53	54	55	56	57	58	59
1961	45	46	47	48	49	50	51	52	53	54	55	56	57	58
1962	44	45	46	47	48	49	50	51	52	53	54	55	56	57
1963	43	44	45	46	47	48	49	50	51	52	53	54	55	56
1964	42	43	44	45	46	47	48	49	50	51	52	53	54	55
1965	41	42	43	44	45	46	47	48	49	50	51	52	53	54
1966	40	41	42	43	44	45	46	47	48	49	50	51	52	53
1967	39	40	41	42	43	44	45	46	47	48	49	50	51	52
1968	38	39	40	41	42	43	44	45	46	47	48	49	50	51
1969	37	38	39	40	41	42	43	44	45	46	47	48	49	50

Source: <https://www.bowelcanceraustralia.org/national-bowel-cancer-screening-program?gclid=COeFqMWo39QCFUNMvQod9GEH6Q>

Need help after hours? – 1st call your GP

For after-hours care, we encourage patients to contact our practice in the first



instance, followed by the After Hours GP helpline 1800 022 222, or 000 in case of emergency.

Have the CHAT

Chronic Obstructive Pulmonary Disease (COPD) is the second leading cause of preventable hospitalisations in Australia. Every exacerbation (flare-up of symptoms) does long-term damage.

Recognise your symptoms:

- C** Coughing more than usual
- H** Harder to breathe than usual
- A** Any change in phlegm (sputum) color or volume
- T** Tired more than usual



If you have these symptoms, have a CHAT with your doctor so you can stay well and out of hospital. Additional information may be sought from Lung Foundation Australia Information and Patient support Ph: 1800 654 301

Source: <http://lungfoundation.com.au/have-the-chat/>

NAIDOC Week

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. NAIDOC Week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. Local community celebrations during NAIDOC Week are encouraged and often organised by communities, government agencies, local councils, schools and workplaces.



NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to

participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

Go to the www.naidoc.org.au website for more information and to register/find an event in your area.

World Hepatitis Day is celebrated on July 28 each year, and raises awareness of chronic hepatitis A, B and C.

New treatments to cure hepatitis C are now available.

Talk to your Doctor for more information.



HEP C MEDICINES THE FACTS

Hepatitis C is an infectious disease that attacks the liver, causing inflammation. It can lead to cirrhosis, liver disease, liver cancer and is sometimes fatal.

Recent advances in antiviral treatment have led to the development of new medicines for treating hepatitis C, which have a cure rate of greater than 90 percent.

These treatments are also shorter, less complex and much better tolerated than previous therapy. The new treatment medicines are available for all people, over the age of 18, with chronic hepatitis C. A complete course of the new medicines ranges from 8-24 weeks, depending on the type of hepatitis C and the treatment history and the drugs recommended.

Patients will pay \$6.20 for concessional patients and \$38.30 for general patients. General Practitioners are eligible to prescribe in consultation with specialists experienced in the treatment of chronic hepatitis C. Prior to starting treatment, your GP will organize a series of blood tests to help determine which specific treatment regime is appropriate for you. Some patients may be sent to a specialist Liver Clinic for further investigations before treatment is commenced.

After cure from treatment, your hepatitis C will not come back, unless you get re-infected by a new exposure to the hepatitis C virus through blood to blood contact. Ongoing protection is vital.

Source: www.health.gov.au

National Farm Safety Week

National Farm Safety Week (17-21 July) aims to raise awareness of farm safety issues in rural communities across Australia.

Farmsafe Australia members are united in efforts to reduce the deaths and injuries associated with health and safety risks on farms. The 2017 National Farm Safety Week theme continues to highlight the importance of business and industry working together to increase the well-being of Australian farmers through improved attention to health and safety, in line with the Farmsafe goal.

National Farm Safety Week is an opportunity for Farmsafe Australia to address farm safety issues including:

- ✓ Quad and Vehicle Safety
- ✓ Resources for Farmers
- ✓ Tractor and Machinery Safety
- ✓ Managing the Pressures of Farming
- ✓ Farmers with Disabilities
- ✓ Emergency Preparedness



Do you know?

- On average there are 10 Quad related deaths on-farm each year
- Non-fatal injuries cost around \$100 million in farm workers compensation.
- Children (0-14 years) make up 15-20% of farm injury deaths & about 66% are male

For more information, visit Farmsafe.org.au

Source: www.farmsafe.org.au