



Vineyard
MEDICAL CENTRE
Your health is in our hands

Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,
Sunbury, 3429.
Ph: 9216 5600

Fax: 9216 5699

Welcome

A big warm welcome to our 3 new Registrars that will commence on the 5th of Feb.

Dr Monty Do-Wyeld

Dr Sue Lim

Dr Madeleine Giacchi

We're all so excited for them to join our team for the next 6 months.

We've been lucky enough to also have Dr Rafal and Dr Thalia extend their time with us for another 6 months!

Goodbye

We sadly say goodbye to Dr Aadarsh Ram, Dr Radya Kumar and Sofie Mikosza who will be moving on to their next rotation. We want to wish them the absolute best in their next chapter.

We're very excited and proud of the work that they've done here at VMC and hope to see them back here one day soon!

Dr Ram, Dr Kumar and Dr Mikosza last day will be on the 31st of January.

Happy Valentines Day

Valentine's Day is precisely what the spirit needs. It is hot chocolate for the soul. It is a bright splash of colour on a stark white canvas.

The day reminds us to reaffirm our love, or perhaps to give voice to that which has remained unsaid.

We hope today is filled with love and joy to everyone. Share a smile or a compliment. Today is a day about sharing the love around to all.

Self-collecting cervical screenings

Cervical Screening Tests are the best way to protect yourself against cervical cancer. Did you know – most cases of cervical cancer occur in people who have never screened or are not up to date with their screening.

What is self-collection?

Self-collection is when a person takes their own sample for cervical screening. The sample is taken with a long cotton swab and can be done here at VMC in a private room, or you can take it home to complete.

Who is eligible for self-collection?

People with a cervix are eligible from age 25-74, to do a self-collection if they are not experiencing any unusual bleeding, pain or discharge. Our GPs are able to discuss your options with you.

Attention to all women born in 2000

Once you've turned 25, it's time to get started with your first cervical screening test.

Cervical screening saves lives by detecting changes early!

So don't forget to book in with your GP today to organise your next cervical screening!



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PRIMARY HEALTH CARE NURSES *day*

**Wednesday,
5 February 2025**

The first Wednesday in February each year is Primary Health Care Nurse Day, where we celebrate the amazing work that nurses do outside of the hospital setting, in aged care, community, general practice, custodial, schools and a range of other primary health care settings.

Primary health care is the cornerstone of our health care system, but most people think 'hospitals' when they think 'health'.

Primary health care is the first point of contact for individuals and families with the health care system and plays a pivotal role in prevention, early intervention, and ongoing care.

Primary Health Care Day is a chance to shed light on the incredible work being done by 96,000 primary health care nurses nationwide and highlight the vital work that they do that positively impacts the health and wellbeing of every Australian.

On Primary Health Care Nurses Day, join the vibrant celebration by wearing primary colours. Embrace the power of red, blue and yellow on the first Wednesday of February to symbolise gratitude for the primary health care nurses and the important work that they do in proactive wellbeing and keeping Australians out of hospitals.

We want to thank our wonderful nurses, Cathy, Erin, Holly and Taneake for providing a safe, comfortable and professional environment and care.

No amount of words can thank these ladies enough for their outstanding work that they do, always going above and beyond for everyone in the clinic. No issue is too big or too small for them to help or provide assistance too.

We're so lucky to have such a dream team with us at VMC and today we celebrate these ladies for their amazing efforts in providing the best care.



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STAFF PROFILE

Registrars

A big warm welcome to the newest Registrars of VMC.
Dr Sue Lim, Dr Monty Do'Wyeld and Dr Madeleine Giacchi.
Our registrars will be on a 6-month rotation.

Dr Sue Lim

Dr Sue enjoys all aspects of General Practice. She holds a Diploma in Obstetrics and Gynaecology and has a speak interest in Women's Health.

When not consulting, Sue can be found at Pilates studio or taking leisurely walks with her dog.

Dr Monty Do'Wyeld

Dr Monty graduated from the university of Adelaide in 2019 and has worked in various metropolitan and rural hospitals in Victoria and South Australia across multiple specialities prior to commencing GP training. He worked as a surgical registrar before embarking on a career in general practice and is trained to perform some minor procedures such as skin excisions. When he's not working, you might find him enjoying the best of Melbourne's coffee scene, or hiking in regional Victoria. Areas of interest: skin cancer, chronic disease management, men's health, and adolescent health.

Dr Madeleine Giacchi

Dr Madeleine graduated from Monash University in 2021. She spent the next three years working at the Alfred Hospital where she gained experience in a variety of medical specialties before pursuing a career in General Practice. Madeleine has also completed a Graduate Diploma of Child Health through Western Sydney University. She is passionate about delivering holistic patient centred care and has a particular interest in preventative medicine as well as geriatrics and chronic disease management. Outside of work, Madeleine enjoys spending time with family and friend, baking and taking her dogs for a walk.

For an appointment with either of these GP's, please call the clinic or book via HotDoc today!



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Sarah's Kitchen

4 – Ingredient Mars Bar Mallow Fudge

Ingredients:

- 2x 395g Cans
sweetened condensed
milk
- 2x 180g Dark chocolate
chopped
- 3x 72g Mars bars
chopped
- 1/2 x 250g Packet
marshmallows -
quartered

Method

1. Grease an 18cm x 28cm slice pan. Line base and all sides with baking paper, extending paper 2cm above edges of pan.
2. Place condensed milk and chocolate in a saucepan over medium heat. Cook, stirring, for 5 minutes or until mixture is smooth and combined.
3. Working quickly, stir in Mars bars and marshmallows. Pour mixture into prepared pan. Level top with a spatula.
4. Refrigerate overnight or until firm
5. Serve cut into squares.

