

### **Welcome to the Winter Newsletter!**

As the colder months settle in, it's more important than ever to stay informed and take care of your health. Enjoy the read — and stay cozy!

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## **NATIONAL BOWELCANCER**

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### **SCREENING PROGRAM**

Bowel cancer (also known as colorectal cancer) is one of the most common cancers in Australia—but if detected early, it's also one of the most treatable. If you're aged 50 or over, it's important to take part in regular screening, even if you have no symptoms. The National Bowel Cancer Screening Program has also lowered the eligible age for bowel screening. From 1 July 2024, people aged 45 to 49 can join the program and screen for free.

Symptoms to look out for include:

- Persistent changes in bowel habits
- Blood in the stool
- Unexplained weight loss
- Abdominal pain or bloating

If you would like a kit, are overdue for screening or need a replacement kit you can call 1800 627 701 or click on the link <https://www.health.gov.au/our-work/national-bowel-cancer-screening-program>.

### **Concerned or have questions?**

Please don't hesitate to book an appointment with your GP.

### Medicare Rebates for Telehealth Consultations

Under the current Medicare rules, patients who want to claim a rebate for Telehealth consultations with their general practitioner (GP) must have had a **face-to-face appointment** with that GP or another GP at the **same medical practice within the previous 12 months**. Patients who have seen a GP at either the Terrigal or Avoca Beach Medical Centres in the past 12 months are eligible for a Medicare Rebate.

This Medicare rule was introduced to encourage continuity of care and ensure that Telehealth services are used as part of an ongoing relationship between the patient and their regular healthcare provider.

Patients cannot receive a Medicare rebate for a Telehealth consultation with a GP if they have never seen that GP (or another GP at the same clinic) in person within the last year, unless they qualify for an exemption.

### Update on the New Premises for the Terrigal Medical Centre

Renovating work has officially commenced at our new premises. This marks an exciting step towards providing you with an improved and more comfortable space.

While the work is still in progress, we'll continue to keep you informed along the way.

Thank you for your ongoing support—we look forward to sharing more updates soon!

### Let's Talk Memory Health

Alzheimer's disease affects millions of individuals and families around the world. It's more than just memory loss — it impacts thinking, behaviour and daily functioning. Raising awareness helps break the stigma, encourages early diagnosis and supports ongoing research toward treatment and prevention.

Whether you're a caregiver, a loved one, or simply want to learn more, understanding Alzheimer's is a powerful step in supporting those affected. Small acts of kindness, patience, and education can make a big difference.

If you or someone you care about is experiencing memory changes or cognitive difficulties, it's important to speak with your GP. Early conversations can lead to timely assessments, support and care planning.



## Australian Defence Force Family Health Program



Australian Government  
Defence

As a Defence member or family, are you currently registered with the ADF Family Health Program to access support for healthcare costs?

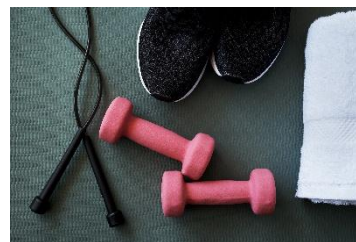
The ADF Family Health Program helps permanent members of the Australian Defence Force and full-time reservists care for their dependants' health with no out-of-pocket expenses for GP visits and extra support for allied and specialist services. The program covers gap payments for GP visits and up to \$800 per dependant each financial year for allied health and specialist services such as physiotherapy, psychology and diagnostic tests.

For more information on eligibility, registration and claiming visit  
<https://www.adffamilyhealth.com/>

### Flu Vaccine and Covid Vaccine Reminder It's Not Too Late!

Vaccination for influenza is available and is free for people most vulnerable to serious illness from six months of age. For others, a private vaccine can be accessed for a charge of \$25.

Covid-19 infection has never gone away so please consider if you need a booster.



### Stay Active This Winter

When it's cold and dark outside, it can be tempting to skip exercise - but staying active is key to boosting your mood and keeping healthy through winter.

Try indoor workouts, brisk walks during daylight hours, or gentle stretching at home. Even 10–15 minutes a day can make a difference. Dress in layers, stay hydrated, and keep moving!



## **Smiles and Sweet Rewards!**

No matter what service our dedicated nurses are providing, it's always uplifting to see our patients leave with a smile. As a little token of appreciation and for being such good patients, these patients each received a lollipop! Sometimes, a small treat is all it takes to brighten someone's day.

Thank you to our amazing nursing team and our wonderful patients for making health care feel like community care.

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## **Thank You for Reading!**

We appreciate you taking the time to stay connected with us.

The next update with the latest news will be shared in the Spring Newsletter.